Lotto MAX
FRIDAY'S DRAW
$50 MILLION estimated
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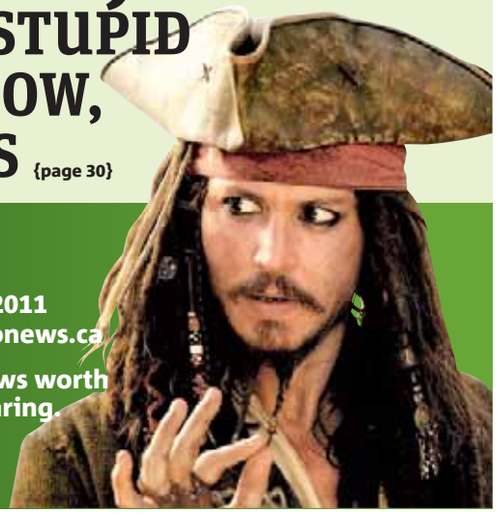
HOME SWEET HOME
GETTING IT RIGHT THE FIRST TIME
{pages 48-50}

WEIRD, MAN

IT'S ALL 'STUPID MONEY' NOW, DEPP SAYS {page 30}



TORONTO metro®

Thursday, October 6, 2011
www.metronews.ca
News worth sharing.

PHOTO ILLUSTRATION: DAVID VAN DYKE/GETTY IMAGES

Group of seven

- For the first time in 15 seasons Canada has seven NHL teams again
- Leafs hope to pick up where they left off last season {page 53}
- NHL preview {pages 53-59}

The end of an icon — Steve Jobs dead at 56

Steve Jobs, the Apple founder and former CEO who invented and masterfully marketed ever-sleeker gadgets that transformed everyday technology, from the personal computer to the iPod and iPhone, has died. He was 56.

The news Apple fans and shareholders had been dreading came the day after Apple unveiled its latest version of the iPhone, just one in a procession of devices that shaped technology and society while Jobs was running the company.

Jobs started Apple with a high school friend in a Silicon Valley garage in 1976, was forced out a decade later and returned in 1997 to rescue the company. During his second stint, it grew into the most valuable technology company in the world with a market value of $351 billion.

Only Exxon Mobil, which makes its money extracting and refining oil instead of ideas, is worth more.

THE ASSOCIATED PRESS

MORE COVERAGE, PAGE 12

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EXPRESS

Fairview Mall, Toronto

School nixes three-grade classes

A Toronto school has decided to scrap classes that combine three grades after an outcry from parents, and instead will re-jig students into classes with no more than two grades combined.

Parkdale Junior Public School will dismantle four classes created Sept. 26 by blending Grades 3, 4 and 5 that were meant to help cope with a jump in enrolment and break up groups of children with troublesome behaviour.

After meeting with a working group of parents twice this week, Supt. Curtis Ennis decided to change back into "split classes with two, not three grades combined," said board spokesperson Zoya McGroarty. "The school staffing committee is working on a new model."

Parents had expressed concern at the challenge of learning in a room with three grade levels and different curriculum. Some also raised fears about bullying in a room with such an age range, though several teachers hailed the new mix for reducing behaviour problems.

TORSTAR NEWS SERVICE

DAVID COOPER/TORSAR NEWS SERVICE

▶ Parkdale Public School.

Race goes down to the wire

FRANK GUNN/THE CANADIAN PRESS

▶ Ontario Green Leader Mike Schreiner and his wife Sandy Walsh. More than 600,000 people voted in advance polls, but millions will cast their ballot today at 7,700 locations across the province.

Tories again face being shut out in Toronto, where they have not won a provincial riding since 1999

DECISION ONTARIO

The fate of Ontario is now in the hands of 8.8-million registered voters.

As Ontarians cast ballots today in the tightest provincial election in decades, recent public-opinion surveys indicate a minority parliament may loom at Queen's Park for the first time since 1985.

The last two polls that can legally be published before the election-day blackout suggested Dalton McGuinty's Liberals are poised to win at least a minority government and are closing in on the 54-seat threshold needed for a majority in the 107-member legislature.

A new Forum Research survey found the Liberals at 37 per cent, Tim Hudak's Progressive Conservatives at 36 per cent, Andrea Horwath's New Democrats at 23 per cent and Mike Schreiner's Green party at three per cent.

The latest Angus Reid poll had the Grits at 37 per cent, the Tories at 33 per cent, the NDP at 26 per cent and the Greens at three per cent.

Angus Reid's online survey of 1,003 Ontarians, conducted Tuesday and yesterday, is considered accurate to within 3.1 percentage points, 19 times out of 20

Forum's interactive voice-response poll of 1,034 Ontarians was conducted Tuesday and is also considered accurate to within 3.1 percentage points, 19 times out of 20.

TORSTAR NEWS SERVICE

1 news

Wall Street protest swells as union members, college students join the clamour. Scan code for story.

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Opposition MPs urge the Conservative government to openly discuss its new $1-billion perimeter security deal with the United States. More at metronews.ca/video

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Grand. Opening

▶ Toronto-born international model Coco Rocha is flanked yesterday by Bonnie Brooks, president and CEO of The Bay, and Sir Philip Green, owner of Arcadia Group Ltd., at the grand opening of Arcadia-owned Topshop and Topman.

CONTRIBUTED

U.K. retail chain opens in Yorkdale

Operating in partnership with The Bay, the 15,000-square-foot Topshop and Topman in Yorkdale Mall spans two floors interconnected with an in-store stairwell and boasts trend-driven pieces and specialized collaborations celebrated by style-conscious consumers.

Expressway closure pitch gets sidelined

A pitch to close the Gardiner Expressway and Don Valley Parkway for a triathlon event has been sidelined for now.

If approved, the expressways would be closed for up to 12 hours on July 22 to allow about 1,000 competitors to complete a 40-kilometre bike ride. The event also includes a 10-kilometre off-road run and 1.5-kilometre swim.

While city council could give the go-ahead later this month, yesterday's vote at the public works committee was tied 3-3, which procedurally means the committee isn't recommending it.

But promoter Jeff Chong, son of Gordon Chong, the former councillor hired by Mayor Rob Ford to find subway funding, was hopeful of a positive result at council.

"We're disappointed with the outcome of the discussion," Chong said. "We've got our work cut out for us, but we believe we can still win the day with city council."

TORSTAR NEWS SERVICE

It's back to driving school for Halton police

A spike in cruiser crashes prompts a mandatory online course focused on awareness, for example when backing out of a mall parking spot

So many Halton police cruisers have been involved in crashes that the force has instituted mandatory driving training for its officers.

In the first six months of this year, police cars were involved in 70 accidents, at a cost of $158,780 in damage to the cruisers — including four write-offs. Accidents are up 18 per cent from the same period in 2010 and 23 per cent over 2009.

Most of this year's crashes, 41 of the 70, were classified as preventable.

"I don't know if embarrassment is the term," Sgt. Dave Cross said of the police force's response. "Certainly, it has caused us to institute this online driving course in an effort to curb that (crash numbers). Any collision is certainly a concern to us as a service."

He stressed that the number of preventable crashes is down 5 per cent from last year.

The main reason cited was police drivers hitting something while reversing, often out of a mall parking spot. Others included going too fast for the conditions, following too close to other vehicles and making improper turns.

None of the collisions occurred when cruisers travelled through red lights with their emergency lights on.

Training sessions

- This fall, training sessions will also consider safety at traffic stops. In two recent cases, patrol cars were rear-ended while officers were investigating a traffic violation.
- Driver training at the Ontario Police College is part of the training officers receive when they join Halton police. This includes experience driving on a simulator.

Cross said officers can be issued tickets for offences such as improper turns, though he said he didn't know if any of the officers in these crashes were ticketed. A supervisor has to attend and investigate all accidents involving police vehicles, Cross said.

"If they are deemed to be at fault and there is a charge to be laid, in fact a charge would be laid."

Four vehicles had to be written off — three Crown Victoria police interceptors and one plain car. In two of those cases, the cruisers were going too fast for the conditions.

TORSTAR NEWS SERVICE

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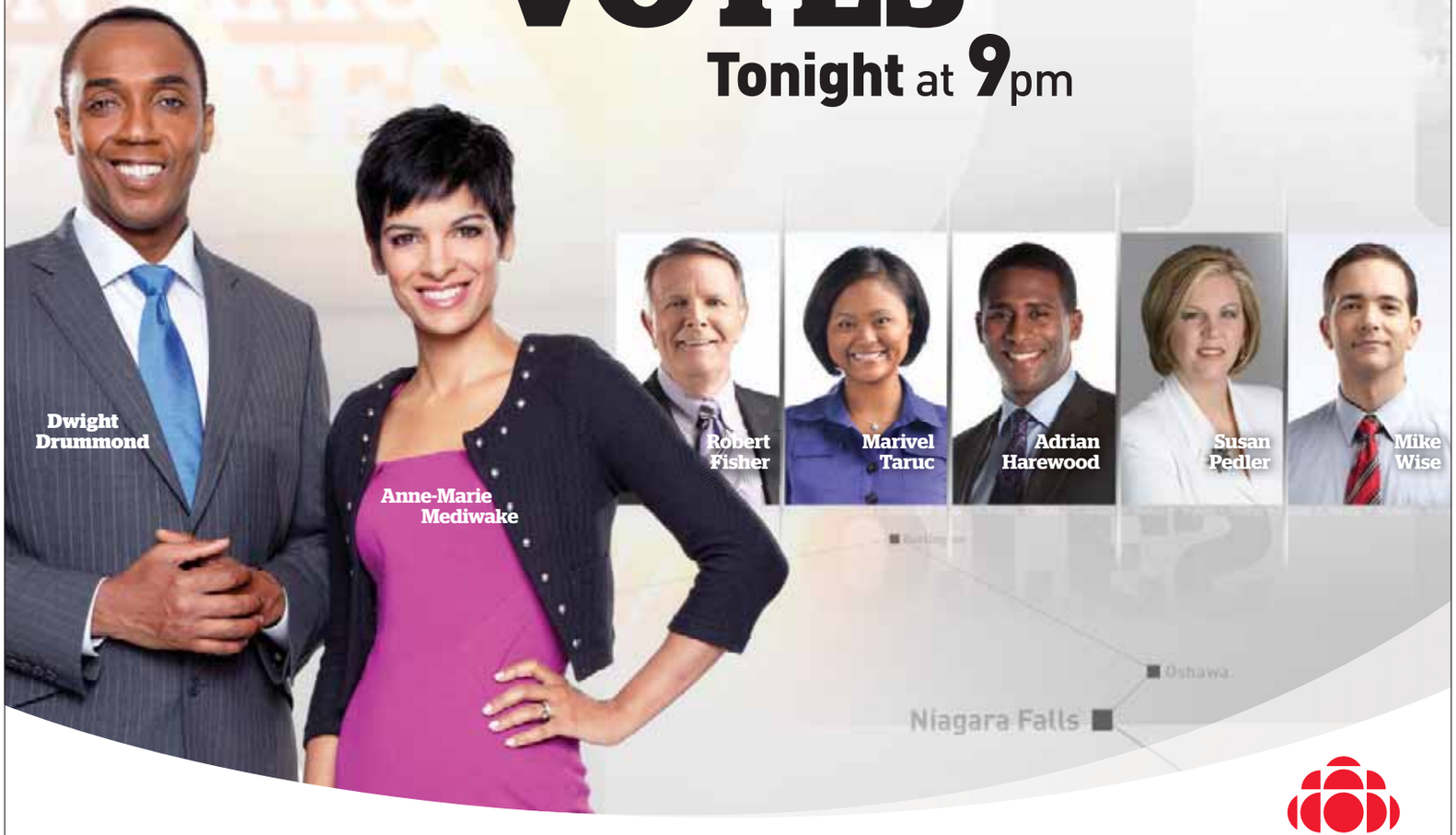


cbcnews.ca/ontariovotes

CBCnews

Mayor accused of dialing and driving again

Mayor Rob Ford has again been accused of talking on his cellphone while driving.

City resident Sarah Barrett says she was driving next to Ford on Dundas Street near Spadina Avenue on Monday when she looked over and noticed him with his cellphone to his ear.

Barrett says she later saw what looked like the mayor texting or dialing his phone while behind the wheel.

She says there is no question it was Ford, noting the vehicle had vanity licence plates that said "Rob Ford."

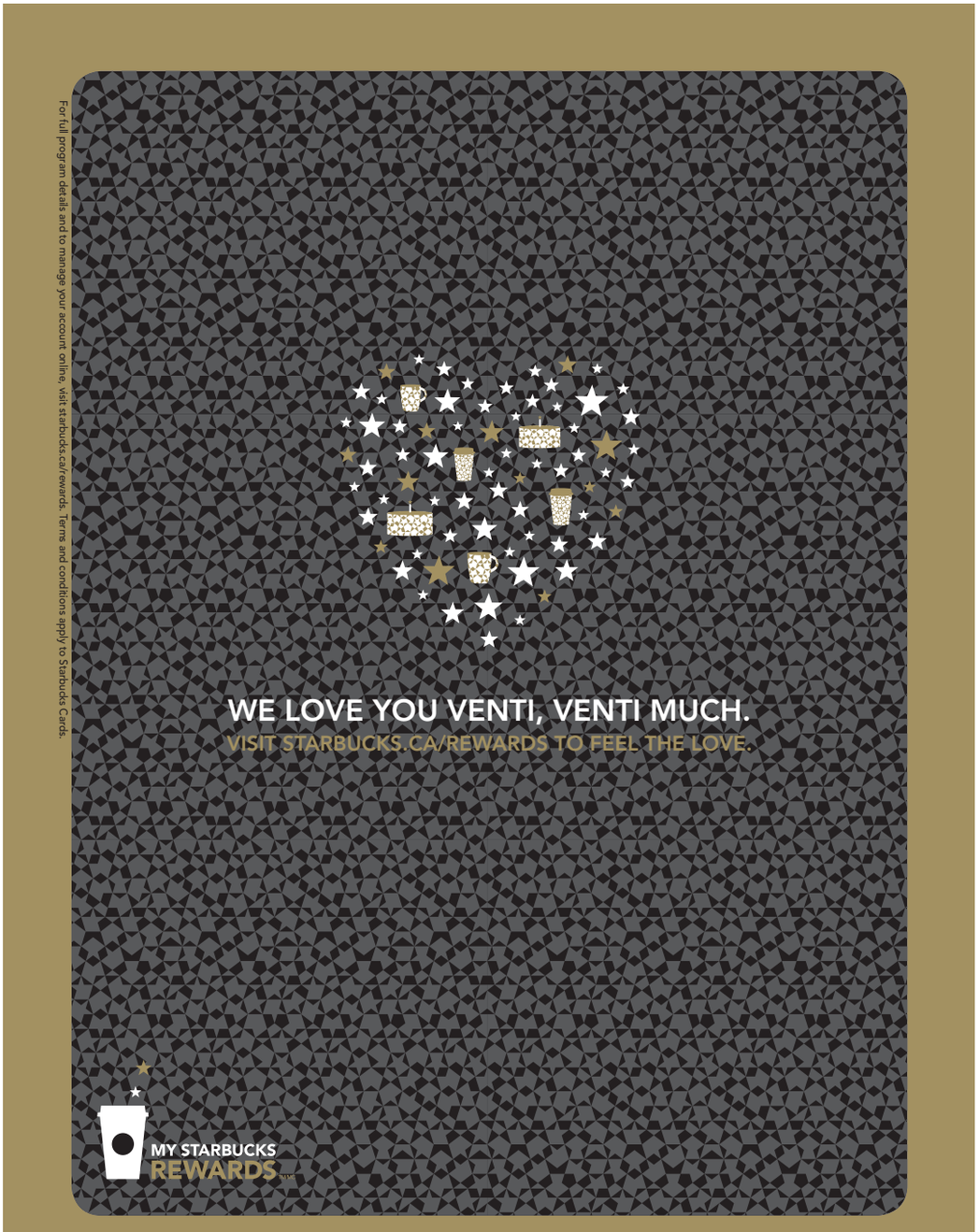
Adrienne Batra, Ford's press secretary, said the mayor was aware that "this information has come to light," but would neither confirm nor deny the accusation.

It's illegal to use a handheld cellphone and other electronic devices while driving in Ontario. To do so carries a fine of up to $500.

THE CANADIAN PRESS

Repeat offender?

- **Rob Ford admitted to** talking on the phone while driving in July.
- **At the time, a woman** alleged the mayor gave her the finger after she asked him to hang up the phone. Ford denied making the rude gesture.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FRANK GUNN/THE CANADIAN PRESS

▶ PC Leader Tim Hudak hits the hustings in Oakville yesterday. The "905" is a key battleground in today's provincial election.

Hudak vows to scrap power plant

Tories have never supported Mississauga gas-fired plant, he says
Last-minute pledge before vote

DECISION ONTARIO

Tim Hudak pledged yesterday to get rid of a gas-fired power plant in Mississauga, just one day before Ontario voters head to the polls.

The Progressive Conservative leader has repeatedly derided Premier Dalton McGuinty for promising to halt construction of the plant midway through the campaign, calling it a crass attempt to grab votes.

Asked if he'd scrap it if he formed the next government, Hudak said: "That's right. Done. Done, done, done."

Mississauga and other communities outside Toronto are a key battleground in the election. With polls showing that the Liberals have a healthy lead going into the vote, the Tories are pulling out all the stops to convince voters to support them.

Hudak yesterday took reporters and supporters to a parking lot near the plant site to show construction is ongoing despite McGuinty's pledge.

He said a PC government would go to willing communities such as Nanticoke and Lambton, which already have transmission lines and a workforce at power production facilities.

THE CANADIAN PRESS

Teen girl stabbed at house party

A girl is in hospital after being stabbed yesterday at a house party in Oshawa.

Durham regional police say officers responded at about 2:50 a.m. to a report of a 16-year-old girl being stabbed in the abdomen at a Whiting Avenue apartment. Investigators say a verbal confrontation turned physical and the girl was attacked by a male suspect who fled before police arrived. He is described as white, about six feet tall with a medium build.

THE CANADIAN PRESS

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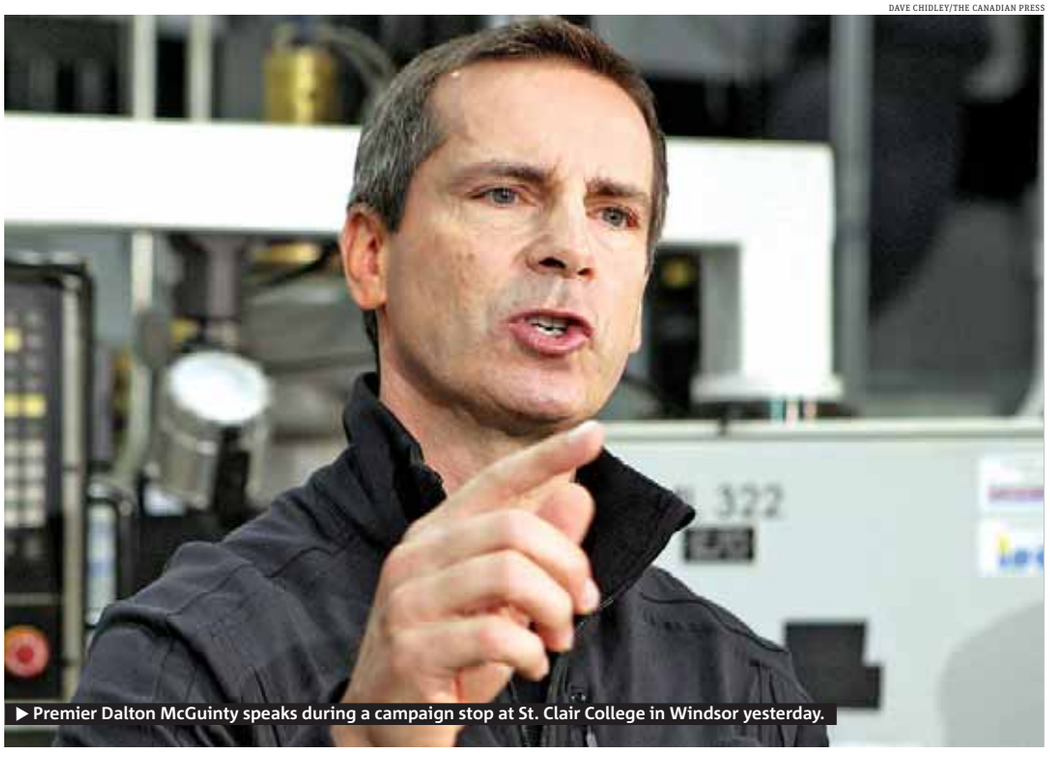
Grits 'got your back,' premier pitches

DAVE CHIDLEY/THE CANADIAN PRESS



▶ Premier Dalton McGuinty speaks during a campaign stop at St. Clair College in Windsor yesterday.

▶ Liberal leader declines to say how he thinks his campaign went
▶ 'Never look back' is his motto

DECISION ONTARIO

Only the Ontario Liberals will have people's backs in the event of another economic downturn, Premier Dalton McGuinty said yesterday, the last full day of campaigning before voters cast their ballots.

It's the same theme that helped propel Prime Minister Stephen Harper's Conservatives to a majority government May 2, and one McGuinty has stressed throughout the Ontario campaign.

"There's only one party that has got your back in good times and in not so good times," McGuinty said after touring an industrial shop at St. Clair College in Windsor.

"There are some clouds forming on the economic horizon. Who do you want in your corner? Who do you want on your side? Who do you know is going to cover your back?"

Canadian Auto Workers president Ken Lewenza joined McGuinty for the campaign event, saying the Liberal leader had done "an incredible job" working closely with labour, bailing out the auto companies in the last recession. THE CANADIAN PRESS

St. Clair College

- McGuinty was at the college to talk about the Liberals' promise to reduce tuition fees by 30 per cent.
- His final day of the campaign focused on communities along Highway 401 from Windsor to Toronto.

Flailing arms and ho-hum scripts: Kid spoofs debate

While too young to vote in today's provincial election, an up-and-coming comedian from Hamilton is getting some laughs out of it.

Sam Barringer, who has been posting his amateur videos on YouTube for a couple of years now, pokes fun of the party leaders in his latest.

Ontario Votes 2011 features Sam and his younger brother Ben in a parody of last month's televised debate.

Sam first appears as TVO host Steve Paikin, arching an eyebrow as he introduces Ben asking the question: "When you go to the drive-thru at McDonald's, what do you order?"

Sam then appears in a crisp blue suit as Liberal Premier Dalton McGuinty, making wild hand gestures and swinging his arms like a windmill as he talks about a "wind-turbine powered, clean and green McDonald's." McGuinty's animated hand gestures were the talk of social media on debate night.

▶ An image from YouTube video posted by Sam Barringer.

Donning a blond wig, Sam then plays NDP Leader Andrea Horwath, who explains that her "brother's wife's mother's cousin's son" told her that his "friend's dad's nephew" got a paper cut playing McDonald's Monopoly.

The line mocks a story Horwath told during the debate about her son going to the emergency room with a skateboarding injury.

Finally, Sam appears in a different suit as Tory Leader Tim Hudak, who holds up three fingers while saying Ontario can't afford "four more years" of McGuinty.

THE CANADIAN PRESS

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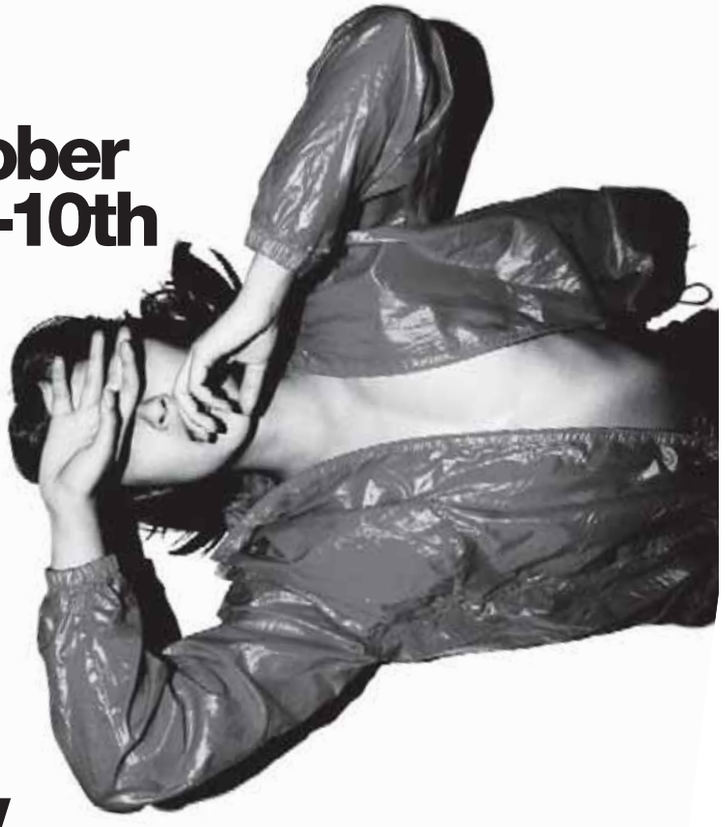

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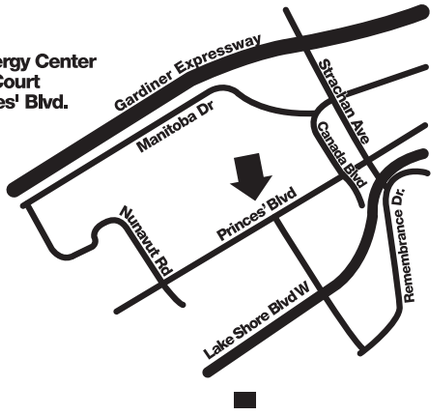

American Apparel is a majority-owned Canadian company, founded and operated by Dov Charney, a Montrealer, who begun his foray into the garment business while selling American made T-shirts in front of the Montreal forum. The company began as an importer of American T-shirts into Canada in the late 80's, earning its name, American Apparel. In 2003 the company opened its first retail store in Montreal (today there are over 240 stores in 20 countries), and employs more than 1,000 people in Canada alone.

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Horwath makes last push for votes

Ontario New Democrat leader buoyed by NDP win of fourth straight majority government in Manitoba

DECISION ONTARIO

Ontario's New Democrats are hoping voters will follow Manitoba's lead and make the "smart choice" of electing the party to lead their province.

"We saw the election (Tuesday) night in Manitoba where the NDP won, I think they made a smart choice in Manitoba," Horwath said during a stop at a farmers' market in Toronto.

"I'm hoping the people of Ontario will make that same kind of smart choice."

The NDP have placed third in the polls so far but with support sitting at around 25 per cent, Horwath could be leading the party into its biggest gains in years. Some polls suggest the province could be headed for a minority government, giving the NDP the balance of power.

A lot depends on which party is most successful at getting support on the ballots. Horwath said she wasn't worried the lack of one big issue during the campaign would keep voters away, pointing to high turnout at the advance polls. THE CANADIAN PRESS

Final Push

The energetic leader had planned stops in Mississauga, Niagara Falls, Kitchener, Guelph and Oshawa, as well as Toronto.

NATHAN DENETTE/THE CANADIAN PRESS

▶ NDP leader Andrea Horwath walks around Nathan Phillips Square overlooking a farmers' market as the media swarms her during a campaign event in Toronto yesterday.

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He changed our lives

Apple co-founder Steve Jobs gave us the Mac, iPod and iPhone

He convinced us of what we couldn't live without, then packaged it and sold it to us.

With a sales sensibility drawn from the 19th century, he sold us the 21st.

Steve Jobs, the Apple founder and former CEO — the man who changed the world with the click of a computer mouse — has died.

He was 56.

"We are deeply saddened to announce that Steve Jobs passed away today," Apple said late yesterday.

"Steve's brilliance, passion and energy were the source of countless innovations that enrich and improve all of our lives.

"The world is immeasurably better because of Steve."

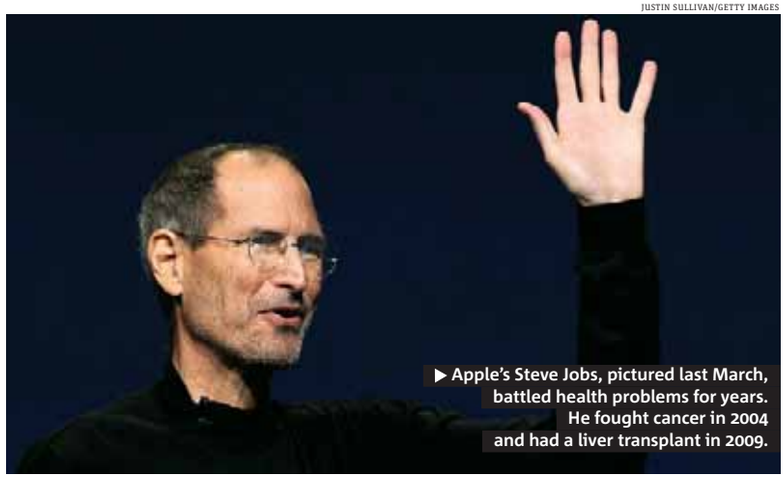
Apple announced his death without giving a specific cause.

But he had battled cancer in 2004 and had a liver transplant in 2009 after taking a leave of absence for health problems.

He took another leave of absence in January — his third since his health problems began — before resigning as CEO six weeks ago. He handed the CEO job over to his hand-picked successor, Tim Cook.

THE ASSOCIATED PRESS

JUSTIN SULLIVAN/GETTY IMAGES



▶ Apple's Steve Jobs, pictured last March, battled health problems for years. He fought cancer in 2004 and had a liver transplant in 2009.

The mastermind

Highlights of Steve Jobs' career:

- Worked for video game maker Atari before founding Apple with Steve Wozniak in 1976 in Jobs' garage.
- Launched the Mac in 1984.
- A year later, he was pushed out as Apple's chairman. He returned to advise the firm in 1996.
- Took the helm of Apple permanently in 2000 and oversaw the launch of the iPod, the iPhone and the iPad.

Meet the new bride: She's 85, he's just 60

She's 85. But that didn't stop her hiking up her dress, kicking off her shoes and dancing the whirling flamenco yesterday.

The fabulously-rich Spanish duchess had just married a civil servant 25 years her junior.

A crowd roared its approval as the Duchess of Alba waved and danced on a red carpet after her wedding to Alfonso Diez.

Diez stood close by, smiling and holding an outstretched arm at the ready, as if to catch his bride if she stumbled.

The ceremony took place at Palacio de las Duenas, her 15th-century residence in the cobblestoned old quarter of Seville.

With frizzy white hair, squeaky voice and wild clothes, the twice-widowed duchess is among Spain's most famous people.

Estimates of her wealth range from $800 million to $4.7 billion. Besides real estate, the family treasure boasts paintings by Goya and Velazquez, a first-edition copy of Cervantes El Quixote, and letters written by Christopher Columbus.

Diez has reportedly signed a document renouncing any claim to the House of Alba wealth.

As a civil servant, he earned $2,000 a month. Now he will live in splendour, reportedly with plans to take a leave of absence from his day job.

THE ASSOCIATED PRESS

ALESSANDRO BIANCHI/GETTY IMAGES

▶ Spain's Duchess of Alba and Alfonso Diez exchange joyful smiles at their wedding yesterday.

Knox may know the real truth, judge says

The Italian judge who was part of the jury that acquitted Amanda Knox said yesterday she and her ex-boyfriend might know the "real truth" about who killed her British roommate.

Judge Claudio Pratillo Hellmann said in a state TV interview the verdict was the fruit of the "the truth that was created in the trial."

"But the real truth could be different," Pratillo Hellmann said. "They could also be responsible, but the proof isn't there."

In Italy, the judge is part of the jury.

Knox flew home to Seattle, Wash., on Tuesday, her first full day out of jail.

THE ASSOCIATED PRESS

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RELIGION

A glimpse into sacred scripture

Precious Bible manuscripts originating in the Jewish community of Damascus, Syria, went on display yesterday, offering a rare glimpse at a collection that includes books spirited to Israel in clandestine operations before the community disappeared at the end of the 20th century.

The books are held at Israel's national library. Because of security and conservation concerns, the collection was only displayed once before, more than a decade ago.

Three of 11 volumes, including the oldest and most important, were brought out yesterday. Ranging from 700 to 1,000 years old, written in the Middle East and Europe, the parchment manuscripts include meticulous Hebrew penmanship and illustrations in ink and gold leaf.

THE ASSOCIATED PRESS

Copyright challenged

The high court's generational divide was on display yesterday when arguments were heard about whether U.S. Congress acted properly in extending U.S. copyright protection to millions of works by foreign artists and authors that could be performed or used without paying royalties.

Community orchestras, academics and others who rely on uncopyrighted works are challenging the 1994 law. Google, with its YouTube, digital art and library projects, is backing the challenge. Composers, authors, songwriters, photographers and others who depend on copyright protection want the law upheld. THE ASSOCIATED PRESS

Beheading nothing but a tale?

Story may be a hoax planted by Syrian government: Amnesty

TV interview baffles activists

A woman appeared on Syrian state television yesterday claiming that she is the young Syrian who was reported to have been beheaded and mutilated by security agents while in custody last month. The station said the interview was intended to discredit foreign "media fabrications."

Human rights groups, including Amnesty International, and Syrian activists reported last month that 18-year-old Zainab al-Hosni was found dead and mutilated after she was detained in her hometown of Homs to pressure her activist brother to turn himself in.

The young woman quickly became a symbol of the six-month-old uprising against authoritarian President Bashar Assad, with protesters hailing her as the "flower of Syria."

"If the body was not that of Zainab al-Hosni, then clearly the Syrian authorities need to disclose whose it was, the cause and circumstances of the death, and why Zainab al-Hosni's family were informed that she was the victim."
AMNESTY INTERNATIONAL

Activists said her death reinforced a fearsome new tactic of retaliating against protesters' families.

But in the interview, a black-clad young woman who identified herself as Zainab al-Hosni said she had run away from her family home in late July because her brothers allegedly abused her. She said her family did not know that she was alive and she asked her mother for forgiveness.

"I am very much alive and I have opted to tell the truth because I am planning to get married in the future and have kids who I want to be registered," she said.

THE ASSOCIATED PRESS HAS NO WAY OF VERIFYING THIS VIDEO IMAGE

▶ Image from Syrian State TV shows 18-year-old Zainab al-Hosni who claims to be the woman who was previously reported to have been beheaded and mutilated by Syrian security agents.

Though her appearance was similar to photos held up by protesters in Homs, her identity could not be verified, as all media are severely restricted from reporting on events in Syria.

The Syrian government blames the country's unrest on a foreign conspiracy, accusing the media of spreading lies.

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ADRIAN WYLD/THE CANADIAN PRESS

▶ Keystone XL pipeline protesters during a demonstration on Parliament Hill in Ottawa last month.

Groups sue to halt pipeline

Firm prematurely allowed to mow grasslands, relocate beetles, lawsuit says

U.S. officials illegally allowed a Canadian company to begin preparing the route for its proposed 2,730-kilometre oil pipeline from western Canada to Texas even though the project hasn't gained final government approval, three American conservationist groups contend in a lawsuit.

The lawsuit, which the groups — who are the Center for Biological Diversity, the Western Nebraska Resources Council and Friends of the Earth — planned to file yesterday in federal court in Omaha, seeks to halt work on TransCanada's Keystone XL pipeline, which would carry crude from the oil-sands of Alberta to Texas Gulf Coast refineries. It alleges that the U.S. Fish and Wildlife Service allowed the pipeline operator to prematurely disrupt the environment.

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Barbie maker going green: Greenpeace

RICHARD LAUTENS/TORSTAR NEWS SERVICE

▶ Barbie

Perhaps now, Ken and Barbie can be reunited.

One of the world's largest toy makers has agreed to stop buying paper and packaging products linked to rainforest destruction, the environmental activist group Greenpeace announced yesterday.

Mattel's move follows a Greenpeace awareness campaign that featured a YouTube video in which Ken breaks up with Barbie after learning she's been destroying the rainforest.

As part of its new commitments, Mattel Inc. is instructing its suppliers to avoid wood fibre from companies "that are known to be involved in deforestation," Greenpeace said in a statement.

One such company is Asia Pulp and Paper, which owns five pulp mills in Canada, Greenpeace said. The Jakarta-based company, one of the world's largest pulp and paper suppliers, has refuted Greenpeace's claims.

TORSTAR NEWS SERVICE

Tim Hortons to open 120 shops across Gulf region

Canadian coffee and doughnut chain Tim Hortons is hoping to brew up new business across Arab Gulf states.

The chain's local franchise partner, Apparel Group, said yesterday it plans to open 120 shops under the Tim Hortons name in the United Arab Emirates and other Gulf states over the next five years. THE ASSOCIATED PRESS

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JESSICA SMITH/METRO

▶ Bella the pet pig is tempted with a nacho to walk outside of her house.

Pig has to go: City of Ottawa

Small swine clean and well-behaved, owners say

JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

An Ottawa couple is hoping the city will change a bylaw to let them keep their pet — a 13-month-old micro pot-bellied pig named Bella, who likes nachos, slow walks and lying in the sun.

"Full-grown, she's like a medium-sized dog," said her owner Christian Laurin. "She's fully housetrained; we walk her like any dog."

Laurin and his fiancée, Lisa Meeds, are trying to fight a bylaw order to get rid of Bella or move outside of the city limits. Swine, including micro pigs, are considered "livestock" by the city and it is against a bylaw to keep livestock in residential zones.

Laurin argues Bella doesn't fit the definition of livestock, because she isn't raised to do work or be eaten — she's just loved as a pet.

Bylaw complainants aren't named, but the couple believes the initial complaint came from a neighbour.

"It all started because of one vindictive neighbour who keeps calling bylaw on everybody," said Laurin.

Laurin and Meeds say they don't use a leash when they walk Bella, but she's a slow mover and tends to keep right by their side.

The couple is fighting the order in court and have been given time to lobby city hall to change the livestock bylaw to make an exception for micro pigs.

Bella's vet and other neighbours have written letters of support about the good care she receives.

The couple has contacted their city councillor, but a member of his office staff said they couldn't help, said Meeds.

"We'd move before getting rid of her," said Laurin. "We'd move outside of the city limits."

The councillor was not immediately available for comment.

Pet neglect puts Ottawa woman in jail

An Ottawa woman is wanted after she skipped court on the day she was handed a 10-month jail sentence for animal cruelty.

A judge sentenced Madeleine Girard on Oct. 3 after she left her 10-month-old pointer-type puppy to starve to death, according to the Ottawa Humane Society.

It's Ontario's first-ever jail sentence for animal cruelty under the OSPCA Act, according to the Humane Society.

The dog was found emaciated in the front hall of a Heatherington Avenue apartment, Smith said. She described the unit as "filthy" with "stuff all over the place, and feces."

The neglect was so severe that the judge handed Girard a stricter sentence than the six months the prosecutor had initially asked for.

JESSICA SMITH

College workers OK deal

Support workers at Ontario's 24 community colleges have endorsed a tentative contract settlement reached last month.

The workers, represented by the Ontario Public Service Employees Union, voted 87 per cent in favour of the tentative deal.

The tentative contract was reached Sept. 18 following an 18-day strike.

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LOUISA GOULIAMAKI/GETTY IMAGES

▶ Prison security guards rally outside the Greek Parliament during a 24-hour general strike yesterday against deeper austerity cuts. The strike shut down courts, schools and transport, including air traffic.

Greek civil servants strike against cuts

Police say at least 10 demonstrators arrested Two officers slightly injured in clashes with protesters

Frustrated, Greek civil servants walked off the job yesterday, paralyzing the government and public transport to protest deeper austerity measures and seemingly ineffectual financial policies.

As Greece struggles to avoid a catastrophic default, demonstrators in Athens expressed outrage and bewilderment at a crisis that shows no signs of easing.

"Nobody knows what's going on. Every day they say something different. It's all so unclear," said Irini Sypsomou-Arapogianni, a Finance Ministry employee. "I don't know where all this will lead."

At least 16,000 protesters converged in Athens, and another 10,000 gathered in the northern city of Thessaloniki, chanting slogans, banging drums and blowing whistles. The vast majority of demonstrators were peaceful, but a few dozen protesters near parliament threw stones at riot police, who fired tear gas. One man was seen bleeding from the head.

Civil servants are protesting plans to suspend about 30,000 staff on partial pay, part of new cutbacks that come on top of salary and pension cuts. Greece has seen repeated waves of tax hikes over the past year and a half. **THE ASSOCIATED PRESS**

RESEARCH

Scientists create new stem cells

U.S scientists used a cloning technique to create the type of customized stem cells that show promise for treating disease. But the first of its kind result comes with a big hitch.

The new created cells have too much genetic material to function properly. They include DNA from two people, not just the patient the cells were meant to match. **THE ASSOCIATED PRESS**

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Funeral service with a bang

Holy Smoke turns cremated ash into bullets Some experts doubtful the option will be popular in Canada

A U.S. company is loading cremated human ash into shotgun shells with the intention of honouring hunting enthusiasts.

It is the latest in funeral service options — with families using the ammunition for hunting or in a gun salute — and the new company is slowly attracting interest from around the world. Alabama-based Holy Smoke LLC has received orders from as near as Florida, Kentucky, and London, Ont., to as far as the United Kingdom, Germany and Bosnia.

"For people who loved to be outdoors, who loved to shoot, it's a celebration of their life," Holy Smoke's co-owner Thad Holmes, 56, said.

CONTRIBUTED

Thad Holmes

For a price — starting at $850 for 250 rounds — Holmes and his business partner, Clem Parnell, will add a loved one's ashes to ammunition that can be blasted with a shotgun, rifle or pistol. All that is needed is 0.5 kilograms of human ash to make 250 rounds. The rest is returned to the family.

Toronto's Joe Isgro is not convinced it will catch on in Canada.

"I don't think Canada is ready for it at this point," said the funeral operations vice-president at Humphrey Funeral Home on Bayview Avenue.

But Matt MacKenzie, funeral director at The Waverley Chapel in Thunder Bay, said there is definitely a market for Holy Smoke in the hunting-heavy community there.

TORSTAR NEWS SERVICE

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Netflix dodges CRTC regulations

Online service has attracted more than one million Canadian subscribers since launching a year ago

Online services like Netflix won't be subject to Canadian regulations because there's no clear evidence that consumers are cutting the cord on their cable or satellite TV subscriptions, the CRTC said yesterday.

Online and mobile programming is complementary to the television content distributed by cable, satellite and broadcast systems, the CRTC said.

There is no clear evidence that Canadians are reducing or cancelling their television subscriptions, the regulator said in a news release.

"Some online programming services have established viable business models and are competing in the marketplace for programming rights and viewers," the CRTC said.

Specialty media company Astral Media has said that foreign Internet competitors like Netflix should face the same rules as Canadian broadcasters, such as contributing funding for local programming and paying the same taxes.

The CRTC also said the traditional system continues to support Canadian programming even as digital services emerge to deliver content in new ways.

However, the Canadian Radio-television and Telecommunications Commission said it will continue to track the situation.

THE CANADIAN PRESS

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▶ Rich DiBiase, writing systems engineer, inspects a digital photograph printed on a Kodak photo printer in Rochester, N.Y.

Kodak's moment passing?

Stock skids to all-time low of 78 cents a share Topped $94 US in 1997

Buffeted by fierce foreign competition, then blindsided by a digital revolution, photography icon Eastman Kodak Co. is teetering on a financial precipice after a quarter-century of failed efforts to find its focus.

The 131-year-old company has tried to bat down sudden talk of bankruptcy. But concern about its grim prospects has hit fever pitch after it hired Jones Day, a law firm that dispenses advice on restructuring options.

The collapse of such a legendary brand would not only reverberate through American business, but would also have a profound cultural effect on generations worldwide who took their first snapshots with Kodak cameras.

THE ASSOCIATED PRESS

India introduces $35 tablet computer

India introduced a cheap tablet computer yesterday, saying it would deliver modern technology to the countryside to help lift villagers out of poverty.

Developer Datawind is selling the tablets to the government for about $45 each, and subsidies will reduce that to $35 for students and teachers.

The computer, called Aakash, or sky in Hindi, provides word processing, web browsing and video conferencing. It has two USB ports and 256 megabytes of RAM. Despite hopes for a solar-powered version no such option is currently available.

$10 The launch followed five years of efforts to design a $10 computer.

THE ASSOCIATED PRESS

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LET'S TALK ABOUT BIRDS AND BEES

HE SAYS ...

JOHN MAZEROLLE
METRO

Listen up, parents. It's time you had a frank discussion with your children about — well, you know, doin' it.

My province is in election mode and sex education became a topic during the campaign, thus proving those "SEX! Now that I've got your attention…" campaign signs my fellow students used in junior high elections were an accurate reflection of our political system.

Regardless of your thoughts about sex-ed in school, we can all agree that sexual education begins at home. (My parents never talked to me about it, but they got cable for the TV in my room, which had the same basic effect.)

It's a problem every generation faces.

When kids ask about sex, parents must first ask questions of themselves: How do I change the subject? How tightly do I plug my ears? Are they ready for the "when two people love each other" lie? Or do I stick with the stork? And so on.

"...so you need to tell your children about how birds sometimes get abortions and bees sometimes marry bees of the same gender..."

But your kid is going to have sex sooner or later (take a moment here to get your heart started again), so you need to tell your children about how birds sometimes get abortions and bees sometimes marry bees of the same gender and all those other fun facts your kids are just clamouring to know.

To help, here are a few tips:

• Remember that you and your children probably have different ideas about what makes for a proper sexual education. They may be expecting Cosmo-style lessons like "57 positions that drive him wild" and "Proper hickey removal," but it's important you stay the course and stick with such adult classics as "Triplets: More common than you think" and "Herpes: Your life-long friend."

• Speak in terms they can understand. For example: "Son, if you sleep around when you're drinking, you're going to end up with fat girls. Other people will hear about it, and suddenly everyone's yearbook write-up will mention how you sleep with fat girls. Now, do you want that?"

• Never be afraid to rap. Kids love rap. A clever rhyme scheme based on a simple message like "Hold on to your hormones" will let your children know that you can riff on bodily functions just like Eminem.

• Explain how sex leads to marriage in much the same way that, in the Star Wars movies, anger leads to the Dark Side.

Now you're prepared. With these tips, you'll be able to share with your offspring in elaborate and sometimes graphic discussions.

Or, barring that, just get them cable. It'll do the rest.

Read more of John Mazerolle's columns at metronews.ca/hesays

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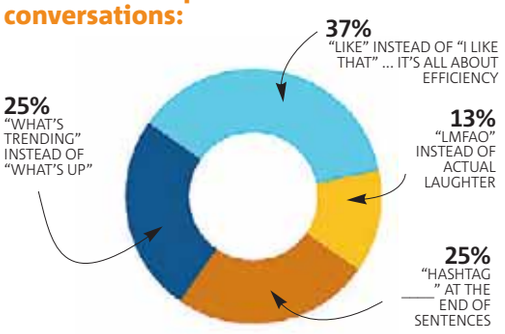
What online language would you most like to see adopted in real conversations:


37%
"LIKE" INSTEAD OF "I LIKE THAT" ... IT'S ALL ABOUT EFFICIENCY
13%
"LMFAO" INSTEAD OF ACTUAL LAUGHTER
25%
"HASHTAG" AT THE END OF SENTENCES
25%
"WHAT'S TRENDING" INSTEAD OF "WHAT'S UP"

Local tweets

- **@BKRent:** #Toronto rush hour traffic can suck it! #GOTrain #GoGreen
- **@Sousvidemagic:** #toronto #456houseintoronto Did you see this? A $456 house in Toronto
- **@markcas:** Walking to the #RCD reception after #greenbuild on day 2, enjoying the view on this in #Toronto
- **@comradeclaws:** Like I needed another reason to hate #Toronto's @NHL team: #Leafs acquire Steckel from Devils
- **@dobbernation:** @GAdv_benstasiuk what is Capoeira. Sounds like an exotic cocktail.
- **@BrianBurkeGM:** Isn't good to know that no matter how many liquor induced trades I make, we're still better than the hopeless crappy #Sens. Senatards #Leafs
- **@michellecollis1:** are all my fellow Canadians excited for the upcoming Thanksgiving long weekend? Anyone have any exciting plans?
- **@sexylegzz:** Right now just chill in listening so some soca vibes! Then going thanksgiving shopping

Worth mentioning

During high season in the Kenyan luxury resort area of Lamu, foreign tourists snorkel by day and sleep in rustic dwellings with woven coconut leaves for doors. Now they're leaving town early and cancelling reservations after gunmen kidnapped two Europeans and killed another in only a month.

Already, droves of workers who depend on tourism in this gorgeous but poor corner of East Africa are losing jobs.

Hours after a French woman was abducted last weekend, eight guests checked out of Stefano Moccia's nearby hotel and hurriedly boarded a plane. Usually busy taxi boats now lay idle along the coasts.

"This season is over. That is for sure," said Stefano Moccia, who has fired nearly half his 100 staff in just two days.

Nervous hotel owners like Moccia are urging Kenya's government to step up security in this area long popular with tourists and rich Kenyans. High tourist season traditionally begins here in November, but the $1,800 US-a-night rooms could sit empty and the beaches bare.

THE ASSOCIATED PRESS

Changing. Gears

▶ A bicyclist enjoys unseasonably warm near-80-degree temperatures as he rides past vivid fall colours near Lake Nokomis yesterday in Minneapolis.

JIM MONE/THE ASSOCIATED PRESS

Photo of the day

Toronto's forecast for today is sunny with a high of 17 C. Tonight will be clear with a low of 8 C.

WEIRD NEWS

Higher purpose for grow-op equipment

Equipment seized from a U.S. marijuana operation is going to be used to grow a different kind of herb — and vegetables, too.

Delaware County District Attorney G. Michael Green tells The Philadelphia Inquirer the equipment taken in May from a sophisticated marijuana growing operation will go to Cheyney University and a Philadelphia community development corporation's Urban Food Lab.

Authorities say the raid at a former Chester drugstore yielded industrial generators, grow lights and hydroponic plant containers.

The Inquirer report says Partnership CDC's Urban Food Lab grows greens, lettuce, peppers and broccoli. An on-campus business at Cheyney already uses hydroponic techniques to grow basil that's sold to local supermarkets.

Cheyney professor Steven Hughes puts the value of the donated equipment at tens of thousands of dollars.

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It's just a flesh wound

Monty Python films, The Holy Grail and the Life of Brian, are brought back to life on big screen ◗ TIFF Bell Lightbox begins showing new prints of famous films Saturday

BACKSTAGE PASS

IAN GORMELY
METRO TORONTO

Make no mistake — once you've gone down the Monty Python rabbit hole, there is no turning back. Soon you'll be offering context-less quotes in bad British accents to office chums who "get it," while clueless friends stare you down for your obnoxiously cliquey behaviour.

That's the price noobs will pay this weekend as fans of the famed British comedy troupe are treated to a the first film in the TIFF Bell Lightbox's late night retrospective of the not-so cult British comedy troupe, Python in Excelsis.

"Python reinvented comedy in a lot of ways," says Jesse Wente, head of film programmes for the Lightbox. "(These movies) shifted the satire to a cinematic level"

Wente got word that local distributor Kinosmith had gained the rights to new prints of both the Holy Grail — which screens Saturday night — and Life of Brian and quickly built the retrospective around the two '70s classics.

"At the time they were really out there. They were really profane and in the case of Life of Brian, banned," says Wente. "These movies are womb comedies to me. I grew up on these."

Film deteriorates over time and new prints (the physical reels of film) cost thousands of dollars. So striking new ones is a rare and costly proposition.

This will be the first time these new prints are shown in Toronto.

Augmenting the new prints are And Now for Something Completely Different and the Meaning of Life as well as four of Terry Gilliam's post-Python films.

All are available in various home-video formats, but Wente, who personally owns 14,000 DVDs, emphasizes the big screen experience, especially when watching a comedy.

"DVD and film are not the same," he says. "I haven't seen the movie 'til I've seen the movie on a print in the theatre.

"Cinema is a communal experience."

Late Night: Python in Excelsis, TIFF Bell Lightbox, 350 King St W. Saturdays, Oct. 8 – Dec 10, 11pm.

HANDOUT

▶ On top of their films and television show, the Pythons also recorded over a dozen comedy albums.

The Pythons

Monty Python essentials

- **Who are they?** There were six Pythons: Michael Palin, John Cleese, Terry Jones, Terry Gilliam, Graham Chapman and Eric Idle.
- **What happened?** Life of Brian was banned in many countries for its religious satire.

2 scene

Walt Disney

Finding Nemo and The Little Mermaid are among multiple Walt Disney tales that are following The Lion King into 3-D mode on the big-screen. Over the next two years Disney is releasing multiple titles in 3-D.

THE ASSOCIATED PRESS

'French Immersion' director Kevin Tierney says film isn't political

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Put 'em up Hugh

Aussie actor Hugh Jackman stars in family-friendly film Real Steel

NED EHRBAR
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METRO WORLD NEWS IN HOLLYWOOD

If you've seen the posters for Real Steel, you know Hugh Jackman can look fearless, especially with a boxing robot behind him.

But there is a pivotal moment in Hugh Jackman's life that will always stick with him: singing in public for the first time.

"I've never been that scared again. That was 15 years ago. July 26, 1996," he says. "I was asked to sing the national anthem at a very big rugby match down in Australia — millions of people watching, a 100,000 people in the stadium, and I had a panic attack the night before. I was terrified."

And with good reason, it seems, as the stakes were certainly high.

"I had in my head, right or wrong, that if I screwed this up, it's over. I had seen people booed off singing the national anthem badly and never work again. Australia's a small place, right?" he says. "Now, if I had been booed off — if things had not gone well — I know I wouldn't be here today. ... Had that not gone well, I may never have had the confidence to do other things. Without that moment, I would never have hosted the Oscars."

His latest film, Real Steel — designed to be a family-friendly, rousing crowd-pleaser — seems well-suited for a franchise, but Jackman shies away from discussions of a sequel.

"It's not the right time to be talking about it," he says. "It's kind of like the week before the Super Bowl saying, 'Do you think you'll be in the Super Bowl next year?'"

That being said, it doesn't mean the idea isn't already in motion.

"I know it's being written, and I know in a way it's planned and that's always been there," he admits. "I have signed on for one if there is one, but none of us involved are thinking beyond October 7, trust me. That's not the mentality you have."

Besides, Jackman — as both an actor and a producer — is far too familiar with how hard it can be to get a movie made, even a "sure thing."

"In my experience — particularly with X-Men, I don't know why — there's never been an easy ride," he says.

"There are I can't tell you how many reasons or potholes that could derail any movie, and it's sort of miraculous it gets made and gets out there. So I never really take it for granted."

So instead of diving into Real Steel 2, Jackman is heading back to Broadway for a 10-week run of a one-man show before he films Tom Hooper's take on the musical Les Miserables, followed by the next Wolverine film.

Having played the character for more than a decade, it's something that comes quite naturally to Jackman.

"I play it at home, obviously," he says. "For parental control, it really helps."

KEVIN WINTER/GETTY IMAGES

▶ Hugh Jackman arrives at the premiere of Real Steel in California on Sunday.

Twitter trouble

- While on screen he seems to have mastered the intricacies of controlling robot boxers just fine, Jackman admits that he himself isn't exactly technologically savvy — even when it comes to something like Twitter.
- "I started posting things on Twitter, and my publicist rang me one Sunday night and said, 'You just posted your home address on Twitter,'" Jackman remembers.
- "Because my daughter was swimming in the fountain outside my house with her friend, and I didn't realize I'd put my street name in the photo. So she says, 'From now on, you must send me everything you post.'"

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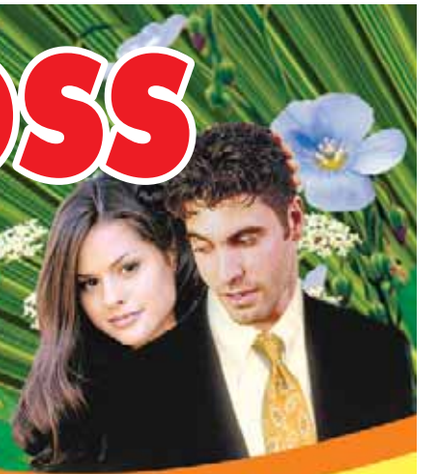

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Depp makes 'stupid money' for his kids

Johnny Depp says at this point he works for 'stupid money' for his family, not himself

PHOTOS: GETTY IMAGES

▶ Johnny Depp says photo shoots make him feel like he's 'being raped.'

Johnny Depp is not a fan of getting his picture taken. In fact, when it comes to photo shoots, "You just feel like you're being raped somehow. Raped. The whole thing," the actor tells Vanity Fair.

"It feels like a kind of weird — just weird, man. Whenever you have a photo shoot or something like that, it's like — you just feel dumb. It's just so stupid."

But Depp, who's made a fortune from the Pirates of the Caribbean movies, isn't so much afraid of stupid things, including stupid salaries. "If they're going to pay me the stupid money right now, I'm going to take it," he says of some of his film roles. "I have to. I mean, it's not for me. Do you know what I mean? At this point, it's for my kids. It's ridiculous, yeah, yeah. But ultimately is it for me? No. No. It's for the kids."

METRO

Cox, Arquette in 'friend zone'

While David Arquette and Courteney Cox have remained close throughout their year-long separation, a rekindling of their marriage doesn't seem likely, Arquette admits to Access Hollywood.

"We're pretty much in the friend zone," he says.

METRO

▶ Courteney Cox and David Arquette

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Springtime in Paris

- At Paris Fashion Week, last spring's sexy, vampy looks were replaced with crisp A-line frocks, tailored trouser suits and romantic dresses
- Chanel hit all the right notes, while other designers played it safe

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

GETTY IMAGES

BEST IN SHOW: CHANEL

In what turned out to be the week's most gorgeous show, Karl Lagerfeld created an ivory, aquatic wonderland with models dressed in ethereal dresses, suits, separates and swimsuits that looked like shimmering saltwater pearls. Few designers today can produce such a large collection (a whopping 85 looks) with a singular vision that doesn't look repetitive and maintains a couture-level quality from beginning to end. The excitement in the room was palpable. In short, this is what Paris Fashion Week is meant to be.

GETTY IMAGES

HIGH HEMLINES: STELLA MCCARTNEY

For spring, McCartney continued the seductive streak she started for fall, only she replaced last season's sheer, body-con dresses with crisp, A-line frocks that revealed miles of leg. They were sporty with a flourish; each look came with contrasting coloured swirls that surfed their way along the hemline and up the torso. But everyday working women might find themselves gravitating toward her mannish wide-leg trousers and leisure shirts. They came in a variety of prints that resembled those found on men's ties.

GETTY IMAGES

TEMPERED GIRLY-NESS: CHLOÉ

Enter Clare Waight Keller, the latest Brit to move into the French house, who debuted her first collection for Chloé on Monday. Her clothes had the breezy femininity the house has become known for in the form of drop-waist dresses and soft, chiffon pleats. But she tempered the girly-ness with cotton T-shirts and button-down blouses that were slightly tomboyish. It was a sweet collection, but it felt more like a quiet arrival than a momentous debut. Here's hoping that changes come next show season.

GETTY IMAGES

ROMANTIC AND WEARABLE: GIVENCHY

After last season's vampy, sex kittens, Riccardo Tisci's quieter, romantic clothes for spring looked like a palette cleanser. Gone were the black cat graphics, latex and sheer skirts. Instead, he produced tailored jacket and short combos (a definite trend for spring) and trouser suits in the softest pink. They were wearable and practically sweet, a word you don't normally associate with Givenchy. Though a series of slinky mini-dresses with strategically placed sheer cut-outs that revealed naked breasts were classic Tisci.

GETTY IMAGES

JEWEL TONES: YVES SAINT LAURENT

For the past few seasons, each of Pilati's collections have been shown against speculation that his days at Yves Saint Laurent are numbered. But it didn't show on the runway. His sophisticated A-line coat dresses, elegant trouser suits, romantic cocktail dresses and dramatic evening gowns were all beautifully constructed and seemed to pay homage to the history of the house. Pilati's jewel-toned collection was cool and polished, perhaps too much so.

3 life

In brief

BEST IN BOOTS

The iconic Canadian company Cougar Boots has revisioned one of its most popular models. The Cougar Pillow Boot, which was a staple of women's winter wardrobes for a number of years, has returned. The new Pillow still has the red fleece tongue and puffed leather that made the original so popular. Visit cougar-boots.com.

METRO

Following umpteenth designer departure, Emanuel Ungaro changes strategy.

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In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker:
Will NEVER get used to the idea of coming to a McQueen show without McQueen. I miss him so much. Sure the show will be great. But somehow...

- **@Jeanne_Beker:** Lots of texture + flounce at McQueen
- **@Jeanne_Beker:** Dazzling gowns at McQueen
- **@kadejovacs:** Thank you @Jeanne_Beker for shining some light in the depths of my work day with your fashion twit pics
- **@Jeanne Beker:** xoxo!

- **@Jeanne Beker:** Selma Hayek says you can feel how Sarah Burton was able to channel McQueen for this stellar collection. They're inextricably connected.
- **@HumandChuck:** She worked so long with him ... always there to see the process.

▶ Dazzling gowns at the McQueen show.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV. JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

Easy lifestyle tweaks for better living

THE KIT

BY ERINN STERINGA

A few tweaks to your lifestyle can make a big impact on your health.

GET MORE VITAMIN D

According to Statistics Canada, about two-thirds of us aren't getting optimal amounts of vitamin D. And since low levels of the sunshine vitamin have been linked to osteoporosis, heart disease, certain cancers and depression, it's important to get your share.

Try the tweaks:

- Get outside and enjoy a few minutes of sunshine every day.
- Consider a supplement — Osteoporosis Canada advises 400 to 1,000 IU daily.

BE A SOCIAL BUTTERFLY

Researchers at Brigham Young University analyzed 148 studies involving more than 300,000 people and found that those with strong social relationships were 50 per cent less likely to die early than those with few close ties. In fact, lack of social interaction was just as detrimental to longevity as excessive alcohol consumption, more harmful than physical inactivity and twice as risky as obesity.

Try the tweaks:

- Make socializing a priority. Organize a dinner party, join a softball team or start a book club.
- Say yes to more invitations, even on weeknights.
- Make standing dates with old friends, even if they live across town.

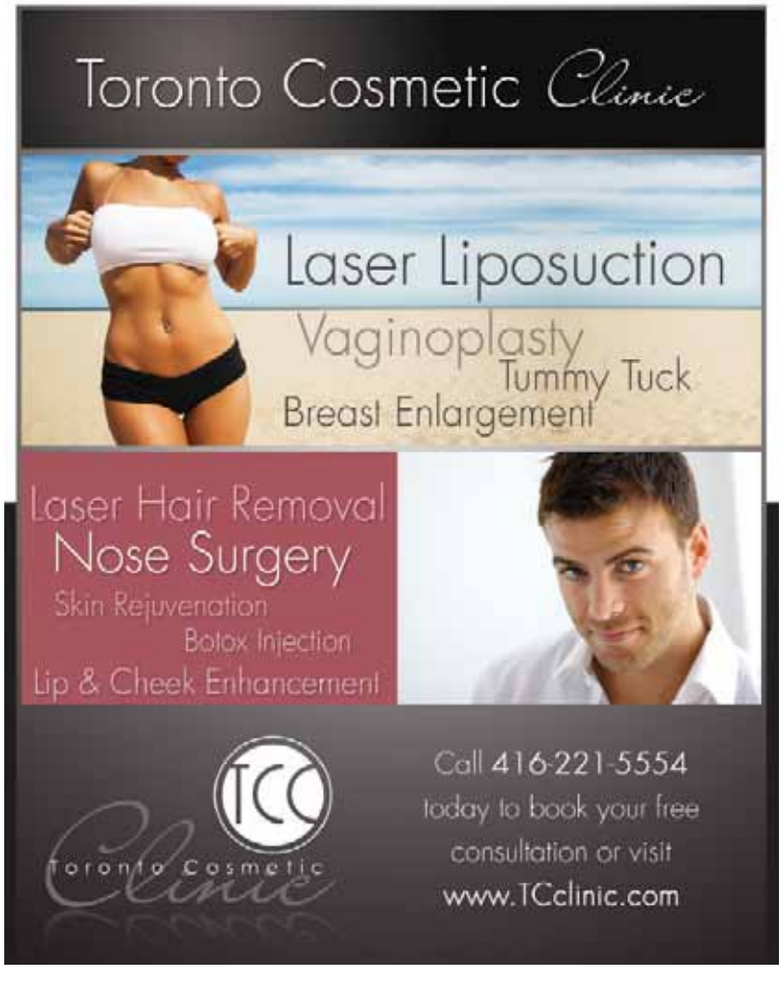
HAVE BETTER SEX

A study in The Journal of Sexual Medicine reveals that regularly striking a yoga pose can improve arousal, desire and orgasms. Interestingly enough, women over 45 seem to benefit the most. So given the strong link between a healthy sex life and overall health and longevity, consider the big "O" just one more reason to say "om."

Try the tweaks:

- Buy a 10-pack of yoga classes or a studio membership so you'll be more inclined to go.
- Schedule yoga like you would an important meeting — and follow through.

SUBSCRIBE FOR FREE TO THEKIT.CA AND DISCOVER THE DIGITAL WORLD OF BEAUTY.



Today is Election Day.

Polls are open from 9 AM to 9 PM ET / 8 AM to 8 PM CT.

To vote in this election, you must be:
- 18 years of age or older on October 6
- a Canadian citizen, **and**
- a resident of Ontario

To find out where you vote, visit our website, check your Notice of Registration card or call us. Each voting location will have magnifiers, Braille and other tools to facilitate voting. Don't forget to take your ID and Notice of Registration card when you go to vote.

Elections Ontario

For more information, visit our website **elections.on.ca** or call **1.888.668.8683** (TTY: 1.866.479.1118).
Disponible en français

Fashion-forward turtlenecks

This wardrobe staple is enjoying rekindled interest as a must-have item this season It's all about fibre and fit for easy, refined looks

From grunge to mod to preppy, the basic turtleneck — one of those wardrobe workhorses — can morph into almost any look you want it to be. It's a bonus that it's considered a fashion-forward item this season.

"I can extol the virtues of the turtleneck," says Tracy Taylor, U.S. editor for Net-a-Porter's online magazine. "You can always transform into someone chic with a turtleneck and pants that are slightly clean — in a similar colour to the turtleneck. Put on flats, and instant Audrey Hepburn."

Stylist and TV fashion commentator George Kotsiopoulos says the return to the mod look of the 1960s rekindles interest in the turtleneck beyond a layering tool under a ski sweater.

"The turtleneck will be the must-have item of the season," he says.

"Look for turtlenecks in superfine cashmere knits to wear under sleeveless shift dresses, menswear vests, 'boyfriend' style, which is great with leggings or skinny jeans for those comfy days, and body-conscious fits for trousers or even a bodysuit style for sleek looks with pencil skirts."

There's also the easy-yet-refined layered look of a turtleneck under a button-down shirt, suggests Banana Republic creative director Simon Kneen. Banana Republic's upcoming holiday collection was purposely styled this way for women and men.

If you don't want to be fully covered up, Kneen says a cowl neckline, basically a draped turtleneck, is an option to still show off your jawline and jewelry, but Taylor is convinced the high neck is the way to go. "The pendulum has swung ... and you're meant to be covered up this season," she says.

Kotsiopoulos notes, though, that not all turtlenecks are created equal: Attention needs to be paid to fabric, fit and feel. "Of course, cashmere is the prime choice, but blended knits have come a long way," he says. You don't need to spend a lot, however, he adds, with stores such as H&M and Zara offering worthwhile versions.

"Fit is most important since a basic piece should always be your 'go-to' item that you know will always look amazing on you," Kotsiopoulos says.

The fibre is what allows the look to be worn in temperate climates, such as a silk-cotton blend, he says. THE ASSOCIATED PRESS

AP PHOTO/NET-A-PORTER

▶ A Missoni turtleneck paired with a Michael Kors vest.

How to wear it

Taylor explains how to create several styles:

- **Grunge:** Try it slightly oversized, be sure to have the sleeves just a little too long, and pair it with a parka — and motorcycle boots.
- **Preppy:** With all the British schoolgirl get-ups offered for fall, the turtleneck is a key bridge item to make them wearable.
- **Polished:** This look is inspired by Katharine Hepburn types, who can wear a refined version of the turtleneck with wide-leg trousers or pencil skirt.
- **Twiggy:** The mod-turtleneck style comes from a trapeze-shaped jumper, with square-toe, stacked-heel pumps.

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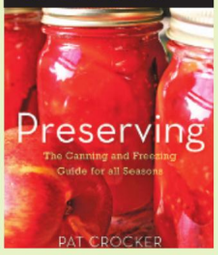

Pat Crocker, home economist, herbalist and award-winning author of eight cookbooks, returns with Preserving: The Canning and Freezing Guide for All Seasons (HarperCollins, 2011).

The cookbook focuses on simple but effective concepts. It follows the seasons, providing easy-to-follow, accurate and thorough information on preserving everything from asparagus to winter squashes. Canning, jamming and freezing techniques are covered.

Distinctly autumn vegetable

This hearty Stuffed Acorn Squash dish helps you to embrace the season's bountiful harvest

Extremely versatile and appropriate for fall gatherings, acorn squash stuffed with rice and goat cheese can be served as a mouth-watering rustic main or a beautiful side to complement your holiday spread.

THE CANADIAN PRESS/ GEOFF GEORGE

▶ This recipe makes four servings.

Ingredients:

- 2 acorn squash, halved and seeded
- 15 ml (1 tbsp) olive oil
- 250 g (1/2 lb) turkey sausage, casing removed
- 1 onion, finely chopped
- 1 red pepper, finely chopped
- 250 ml (1 cup) cooked brown rice
- 500 ml (2 cups) chicken broth
- 50 ml (1/4 cup) fresh chopped parsley
- 60 g (2 oz) crumbled goat, crumbled.

Preparation:

1. Heat oven to 200 C (400 F). Then rub cut squash all over with oil and place cut side down on parchment-lined rimmed baking sheet. Bake until tender, about 30 mins. Remove from oven and let cool slightly before turning over.
2. In skillet, brown sausage, breaking meat into small pieces with wooden spoon. Transfer to a plate.
3. Add onion and red pepper to skillet and cook until onion is tender and browned, about 7 minutes. Stir in rice and cook until rice is coated, about 2 minutes. Stir in broth, scraping any brown bits from the bottom of the pan.
4. Bring to a boil, reduce heat to low, cover and simmer until most of the liquid has been absorbed, about 45 minutes. Stir in sausage, parsley and crumbled goat cheese and divide rice mixture evenly over squash, packing slightly.
5. Return to oven until heated through, about 15 minutes. Serve with a crisp green salad.

THE CANADIAN PRESS/ USA RICE FEDERATION (RICEINFO.COM)

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INCLUDES beachfront resort-style accom. BONUS airport transfers included. Departs Nov 13/ggv/nz.

USA

Las Vegas Air + 4 Nights $335

Imperial Palace + taxes & fees $309
INCLUDES accom on the Strip. Departs Nov 13/swg/wg. UPGRADE to the 4-star Luxor for $13 per night.

New England Fall Colours, Air + Car $355
Alamo + taxes & fees $127
INCLUDES roundtrip airfare to Boston and 7-day car rental. Departs Oct 18/ggv/dl.

California Family Special, Air + Car $539◊
+ taxes & fees $128
INCLUDES airfare into San Francisco, return from San Diego and 7-day economy car rental with unlimited mileage. Price per person based on family of 4. Departs Oct 9, 16, 23/ggv/aa.

Nashville Air + 3 Nights $539
Sheraton Music City + taxes & fees $143
INCLUDES accom in Music Valley. BONUS breakfast included. Departs Oct 11, 15, 20/ggv/aa. ADD trolley tour for $14.

New Orleans Air + 3 Nights 4-Star $579
Marriott New Orleans Convention Centre + taxes & fees $146
INCLUDES riverfront accom only minutes from the French Quarter. Departs Nov 4, 11, 18/ggv/aa. ADD harbour cruise with Creole lunch for $32.

Canada

Niagara Falls Family Special, 2 Nights 4-Star $49◊

Crowne Plaza Niagara Falls taxes & fees included
INCLUDES accom near Niagara Falls. Price per person based on family of 4. Departs Oct 19, 23, 25/ggv. ADD great gorge adventure pass for $17.

Montreal 2 Nights 4-Star $159
Hotel Le Cantile Suites taxes & fees included
INCLUDES central accom near shopping. Departs Oct 20, 25, 28/ggv. ADD greater Montreal tour for $56.

Quebec City Air + 3 Nights 4-Star $339
Delta Quebec + taxes & fees $129
INCLUDES central accom located just two blocks from the old city wall. Departs Oct 17, 20, 27/ggv/ws. UPGRADE to Fairmont Chateau Frontenac for $43. ADD Quebec city tour for $47.

Halifax Air + 3 Nights 4-Star + Car $679
Delta Halifax + taxes & fees $149
INCLUDES central accom on the waterfront and 4-day car rental with unlimited mileage. Departs Oct 18, 21, 25/ggv/ws. ADD historic Halifax tour for $62.

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TICO

HEMERA/THINKSTOCK

▶ Transform your home for the Thanksgiving weekend with natural ingredients by filling bowls with maple leaves, wheat, pears or apples.

Let wild kingdom inspire home décor

◗ Antlers, zebra and tiger prints are trending this fall ◗ Natural colours and ingredients making their way back

ASTRID VAN DEN BROEK
FOR METRO

As the weather outside starts chilling down, you want to make the inside of your home warm, cosy and inviting for Thanksgiving.

If you are stumped for ideas, Frank Turco, the Toronto-based senior manager of trend and design for Home Depot Canada, shares some thoughts on transforming your home for this yummy holiday weekend.

ADD SOME ANTLERS

That's right, antlers.

"It's a huge home décor trend and people are using antlers in place of wall art or mirrors or above the fireplace mantel or on the mantel itself.

"You can use it on any wall and it's a cool, trendy way to get a bit of the outdoors inside," says Turco.

THINK ZEBRA

Or tiger or leopard print to complete the animal look for fall. "Having prints looking like animal skins inside the house with area rugs, throws and pillows is also a real trend for fall," says Turco. "It gives you a sense of warmth and cosiness and an outdoor feel without using a real animal, of course."

But don't feel beholden to traditional animal colours — Turco suggests updating a zebra print by looking for it in a brown and taupe combination.

LOOK AT THE TREES

And bring those colours inside. Hot colours that are making a comeback include retro palettes such as brown, burnt orange, yellow and a bit of red. Copper and bronze finishes are also making their way back into homes.

ACCESSORIZE

Again using natural ingredients.

Think of filling bowls with maple leaves, wheat, Bartlett pears or apples.

SWAP OUT YOUR VESSELS

Think thicker and chunkier for vessels holding those accessories.

"On a tabletop you could use a simple French country thicker pottery type dinnerware," Turco says.

"Glass jars, votives and even glass canisters filled with fall items is really inspired," he adds.

Curb appeal

Don't forget to decorate the outside of your home, as well. Spruce up your porch or deck by:

- Filling your planters with natural accessories such as branches, bark, dried fruits or wheat.
- Lining your steps with pumpkins.
- Swapping out your doormat for a Thanksgiving-themed mat with a turkey.

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Simple fun

A day picking apples allows you to enjoy the outdoors and family

KELLY PUTTER
FOR METRO

The beauty of apple picking has to be its simplicity.

While it's a good idea to dress for the weather, apple growers have seen it all, from diaper-clad youngsters hiked up on dad's back reaching for a crisp Spartan, to apple pie making mamas dressed in their high heels.

"There's a bit of magic in picking an apple from a tree because no one has touched it before," explains Tom Chudleigh, who has been selling apples for 44 years from his 100-acre farm in Halton Hills.

Though the apple picking season and the varieties vary from East Coast to West and from farm to farm, you can still find plenty of pick-your-own apple farms that aren't too far from home. Some operations combine fruit picking with other fun farm experiences such as hayrides, corn mazes and hot apple cider during the fall season.

Be sure to bring bags or baskets to carry home your haul. Expect to pay in the neighbourhood of $1.85 to $2.50 per kilogram. And bring cash since many DIY farms don't accept debit or credit cards.

Also, remember to call ahead for availability and you-pick hours. Weekends are the busiest time so if you can get away through the week all the better. And don't forget to pack a picnic lunch.

When picking, Chudleigh recommends you take the apple in your hand and turn its eye to the sky until it separates from the tree.

As for how to know when apples are ripe for the picking? Nothing beats a little taste.

"From a pick-your-own farmer's perspective, the apple should be chin-dripping juicy right off the tree," says Chudleigh.

ISTOCKPHOTO/THINKSTOCK

▶ There's a bit of magic in picking an apple from a tree, says apple farmer Tom Chudleigh.

Events

- **HarbourKIDS: Monster** is a free three-day festival creatively investigating the scary, funny and exciting potential of monsters. The event runs Saturday to Monday at the Harbourfront Centre. For more, see harbourfrontcentre.com/harbourkids/
- **Thanksgiving Royal Brunch** at Casa Loma, Sunday at 10:30 a.m., 11 a.m., 12:30 p.m., and 1 p.m. Call 416-923-1171, ext. 202 or 213 for reservations. For more, see casaloma.org/Seasonal/
- **Ghost tracking** Oct. 26 and Oct. 27 at 7 p.m. at Casa Loma. For more, see casaloma.org/Seasonal/

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Monde Condominiums is an oasis of green living at Queens Quay and Lower Sherbourne. From the architecture to the interior design, every detail has been thoughtfully considered for minimum impact to the earth and a better quality of life at home.

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1. Monde //
Monde is one of only a handful of residential buildings in Canada targeting LEED Gold certification. The team behind Monde (including developer Great Gulf, architect Moshe Safdie, designers Cecconi Simone and landscape architect Janet Rosenberg) considered every last detail when creating this world-class building. Eco-friendly materials, rainwater harvesting, green rooftops and premium construction standards are just some of the elements that help strike a delicate balance between architecture and nature.

2. A Green Welcome ////////////////////////
A spectacular three-storey lobby and a living green wall greet residents and guests at Monde. Aside from its calming effect, this living art improves air quality and reduces noise pollution. A variety of plant species and greenery create the palette of vegetation that will become a signature piece of this iconic building.

3. Sherbourne Common ////////////////////
Sherbourne Common, a 21st Century expression of outdoor space in an urban environment, is just outside Monde's front door. The central focus is a trio of large sculptures by Vancouver artist Jill Anholt, that are actually part of a complex storm water treatment facility which purifies waste water before recycling it back into Lake Ontario.

4. Convenient and Eco-friendly /////////
Monde's East Bayfront neighbourhood will feature numerous newly constructed pedestrian links, bike paths and transit facilities, making it easy to get virtually anywhere in downtown Toronto. This commitment to easy-access transit will reduce the number of cars in East Bayfront, making it a friendlier place for pedestrians, cyclists and the environment.

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GREAT GULF

Classical towns at Dupont

The project overview

Dupont Terrace luxury freehold townhomes — seven stately residences offer luxury and value at Dupont and St. Clarens.

Each unit has a balcony and terrace and boast nine-foot ceilings on principle floors and an attached garage.

DUNCAN MCALLISTER

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Meet the condo

- **WHAT:** Dupont Terrace
- **BUILDER:** The Canadian Equity and Development Corp.
- **LOCATION:** 1359 Dupont St.
- **WEBSITE:** dupontterrace.com
- **PHONE:** 416-924-8338
- **SIZES:** From 1,525 to 1,600 sq. ft.
- **PRICING:** From $579,900

Location and transit

Situated on Dupont Street at St. Clarens Ave., the building is in close proximity to the TTC subway.

Commuters can drive south on Lansdowne Avenue to the Gardiner Expressway and be in the downtown core within minutes.

In the neighbourhood

There is a transformation taking place with some of the city's trendiest shops; new, one-of-a-kind restaurants, cafés, home furnishings and accessories, a chocolaterie, flower shops, and convenient 24-hour Loblaws and Sobeys supermarkets.

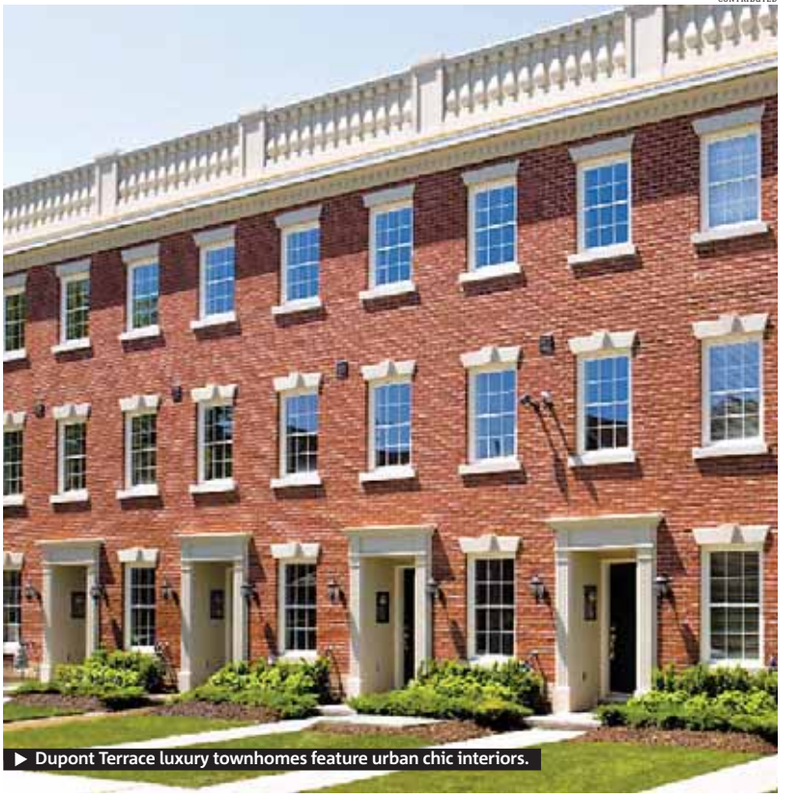
Building amenities

The units feature classic Georgian architecture and urban chic interiors with a spectacular roof top terrace.

It has a gas barbecue connection, lighting, planters and breathtaking city views to the south that include the CN Tower.

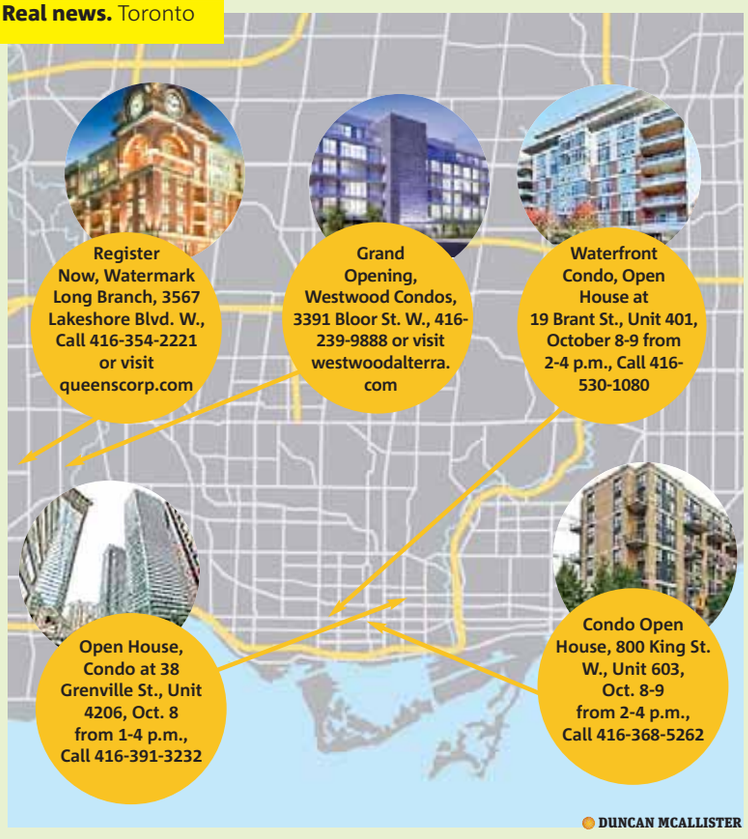
Monthly fees are $0.06 per sq. ft.

CONTRIBUTED



▶ Dupont Terrace luxury townhomes feature urban chic interiors.

Real news. Toronto


Register Now, Watermark Long Branch, 3567 Lakeshore Blvd. W., Call 416-354-2221 or visit queenscorp.com
Grand Opening, Westwood Condos, 3391 Bloor St. W., 416-239-9888 or visit westwoodalterra.com
Waterfront Condo, Open House at 19 Brant St., Unit 401, October 8-9 from 2-4 p.m., Call 416-530-1080
Open House, Condo at 38 Grenville St., Unit 4206, Oct. 8 from 1-4 p.m., Call 416-391-3232
Condo Open House, 800 King St. W., Unit 603, Oct. 8-9 from 2-4 p.m., Call 416-368-5262

DUNCAN MCALLISTER

SPINNING WHEELS FOR A GREAT CAUSE

ROOFTOP SURFING

PAUL GOLINI JR.
HOME
@METRONEWS.CA

I have tremendous respect for athletes who dedicate their entire lives toward putting themselves through physical and mental endurance tests.

On Sunday, September 25, I witnessed a group of athletes who gained not only my respect, but my admiration. There were more than 120 of them and they conquered the 50- and 100-kilometre routes set out to challenge them that morning.

These were BILD members who bonded together in support of our community partner, Habitat for Humanity Toronto, and in memory of a dear friend and colleague who could not be with us that day.

This inaugural event, which was the brainchild of the late BILD President and CEO Stephen Dupuis and I, raised over $25,000 to help low-income families achieve the dream of homeownership.

It was called the Ride for Humanity and despite the tragic loss of Stephen just days before the Ride, it was carried out in his honour as a tribute to the legacy he has built throughout his years at BILD.

Stephen's enthusiasm for and dedication to the Ride for Humanity was what made this event such a tremendous success and will be carried out on an annual basis in his memory. To quote Neil Hetherington, CEO of Habitat for Humanity Toronto, "For months, as BILD planned the first annual Ride for Humanity, it was clear that this event was going to be quintessential Stephen – full of fun, energy and, most importantly, purpose."

I'd like to thank everyone involved in this event, starting with the riders themselves, the BILD staff members that volunteered their time early on Sunday morning, and the steering committee that helped make it all possible — Darren Steedman of Metrus Development, Frank Ciccolini of Masters Insurance, Peter Di Biasio of H & R Developments, Mike Laskis of Dearie Contractors and Peter Gilgan of Mattamy Homes. Thank you!

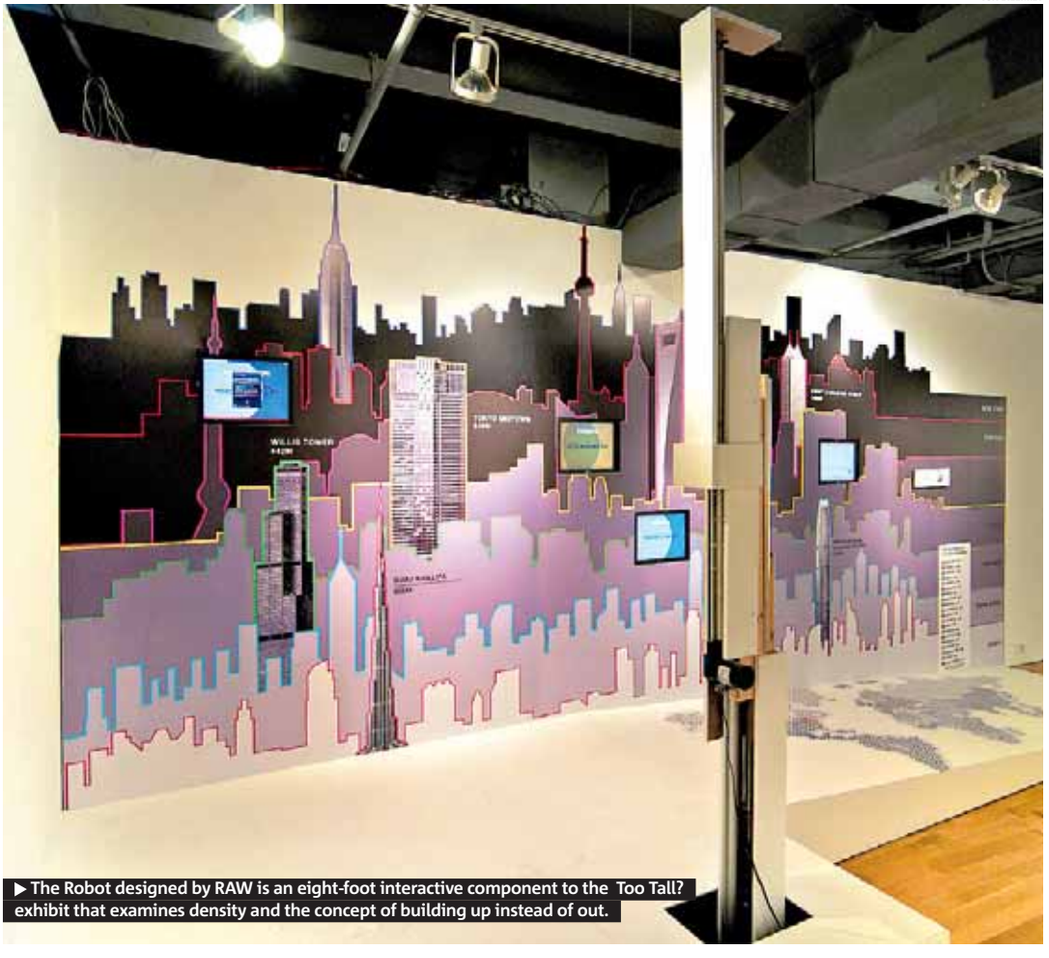
PAUL GOLINI JR. IS CHAIR OF THE BUILDING INDUSTRY AND LAND DEVELOPMENT ASSOCIATION (BILD) AND CAN BE FOUND ON TWITTER (TWITTER.COM/BILDGTA), FACEBOOK (FACEBOOK.COM/BILDGTA), YOUTUBE (YOUTUBE.COM/BILDGTA) AND BILD'S ONLINE BLOG (BILDBLOGS.CA).

How tall a condo?

Finding space for new buildings in Toronto has become a tall order
Metro takes a look at the changing city skyline and the advantages of movin' on up

DUNCAN MCALLISTER
LIFE@METRONEWS.CA

TOM BILENKEY



▶ The Robot designed by RAW is an eight-foot interactive component to the Too Tall? exhibit that examines density and the concept of building up instead of out.

As more condominiums are being developed in Toronto's downtown, the city skyline begins to take on a different look.

Many of these buildings are point towers with 40 to 50 storeys or more.

With land becoming scarce, there's nowhere left to build but up.

Canderel's Aura condos at College Park currently under construction at Yonge and Gerrard streets, will be the tallest residential tower in Canada with 75 storeys.

An architectural model puts it into perspective; an immense obelisk towering above Yonge Street, disproportionate to any other structures in the area.

All that is about to change, according to a revealing outlook from one of Toronto's top architects as to the future landscape of the city.

"When you talk about a very tall building being shown, and it stands out like a sore thumb, it doesn't surprise me. There's a number of guidelines released by the City which show how we're going to densify the city, and in the central core the heights that are being shown are quite tall," says Richard Wit, director of Toronto's RAW Design.

"Several studies have shown that a dense city is a more sustainable city. It means that we're less reliant on transportation to do things, we reduce pollution, we reduce consumption."
RICHARD WIT, DIRECTOR OF TORONTO'S RAW DESIGN

"The bigger cities in the world, Bombay, Shanghai, these cities are the megacities that most people talk about, the same is true in Toronto. There's an increase in population which is huge and there's nowhere else for people to go," explains Wit.

Setting the standard for height are buildings like the Burj Khalifa in Dubai, the tallest building in the world with over 160 storeys.

And Toronto is set to follow suit.

"The whole centre of the city is going to change dramatically; it's going to be very tall. In the very centre of the city, the height limits that are possible are unlimited so we can have a 1,000-storey building in the centre of the city, I mean I doubt that that's going to happen for a number of reasons, but legally through the planning process, it's possible," says Wit.

"Several studies have shown that a dense city is a more sustainable city. It means that we're less reliant on transportation to do things, we reduce pollution, we reduce consumption."

Tall talk

The RAW Design team have staged an architectural exhibit at the Harbourfront Centre that asks: How can Toronto neighbourhoods be redefined vertically?

- **Taller is better:** To illustrate that tall is more sustainable, RAW will be showcasing an interactive eight-foot robot that grows in response to the density in the room.
- **The exhibit** is targeted to the general public rather than other architects.
- **Go see it:** The Too Tall? exhibit runs at Harbourfront Centre until 31 Dec., 2011.

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Dear Charles the butler, What is the difference between powdered vs. liquid laundry soap and do I really need to worry about this? Cathy

Dear Cathy,

There is a very big difference between the two soaps.

First, my dear friend Sally from Miele taught me the following golden rules about laundry soap.

1. Powdered laundry soap is best for dirt.

Powder traditionally foams and you never want this in a front loader as it is harder for the front loader to get rid of excess soap.

2. Liquid laundry soap is best for oil and grease.

"HE", which stands for high efficiency, deals with reduced foaming in the machine, thus creating a better and more successful rinse cycle.

HAVE A QUESTION? EMAIL ASKCHARLESTHEBUTLER@METRONEWS.CA

ISTOCK

▶ The great debate: powdered vs. liquid soap.

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Everything but the turkey

Add some sparkle, shine and a few new colours to this year's Thanksgiving dinner table

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

When I was as young as five years old my inner decorator had me volunteering to create the Thanksgiving centrepiece for the dining table.

I'd collect fallen branches, rusty-coloured leaves and pinecones to make an elegant arrangement in the middle of the table.

Looking back at old family photos I realized that my hodgepodge of outdoor elements looked more rustic than elegant.

Here's how I will be decorating the Thanksgiving table this weekend.

Choose a table colour scheme

I've decided to mix neutral colours like brown and grey in my dishes and add trendy colours like orange, reds and greens.

If you (or your parents) have vintage Denby pottery in oatmeal or stone colours then bring it out for an earthy, pottered look for this year's celebration.

I'll be using the pewter collection from Corelle — the unbreakable dishes have some great trend-setting colours and patterns that fit right in with my busy lifestyle and will be perfect for those clumsy friends of mine. Also, at less than $20 per place setting, I've stocked up with anticipation of upcoming holiday buffet parties.

Add some dazzle

As casual as the inexpensive dinner ware means adding some elegance to the table.

Layering some silver charger plates under the dishes will boost the image, and pulling out the oversized Riedel wine glasses will make everyone feel like a king and queen at the table.

Consider buying the right size and shape of glass for the wine that you most enjoy drinking. That way you can afford such a small luxury for entertaining.

I will also be breaking tradition and surprising my guests by serving a red wine with the turkey dinner.

Wine experts say Pinot Noir is a great choice as it is light and peppery and goes well with the elements of a turkey dinner.

POTTERY BARN

▶ Colourful faux leaves, $20, Pottery Barn.

POTTERY BARN

▶ A harvest feast.

Spice up the table

I like to mix fresh flowers, mini pumpkins and leaves with artificial elements. A tiny pumpkin used as a vase with two or three silk flowers makes for fun individual arrangements at each place setting.

The mini pumpkins are also great as a votive candle holder and when boiled in simple syrup, they make tasty and edible bowls for serving dessert.

Go glam

I like the layer the table with luxurious fabrics to set the tone of an eclectic meal.

A lush throw, washable silk quilt or faux fur often help to add the glam factor to the table.

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Create a gorgeous guest room

Make your house guests feel like royalty when visiting Warning: Your in-laws may come to stay and not leave

DIY IDEAS

Turn your typical guest bedroom into an elegant hideaway using these tips from Marriage Under Construction on DIY Network Canada, which follows the stress and drama as newlyweds purchase, renovate and decorate their first homes.

Create a cosy nook
Give your guest a special **reading corner**. Bring in a comfortable chair and adorn it with a soft throw.

Ensure there is a stack of magazines and good books waiting for them, with some personal picks on hand.

Set up a variety of pillows on the bed and install lights into the headboard so they can lay back and unwind.

Give them a nice wake up
Most people aren't ready to face the day in the early morning, so bring them **breakfast in bed**.

Purchase a lovely wicker tray that will make a beautiful presentation and adorn it with homemade goodies to make their morning bright.

Have a place to primp
Consider your guests' routine and include a **dressing table**.

Use a small circular table backed with a mirror to reduce space but provide function.

Add a pretty tablecloth or dress it up with antique pieces and fresh flowers to finish off the look.

Let them unpack
Always provide **storage** for your guests.

Find space in the room for a dresser with empty drawers so they can completely unpack during their stay.

Provide hangers for them to use in a closet — don't fill it up with your own storage.

No one wants to flash the neighbours
Provide tasteful **window treatments** that focus on privacy and darkness to allow for a better sleep.

Choose fabric that will darken the room and a design that will minimize the light from slipping in.

If you prefer blinds, choose three- or four-inch slats over one-inch slats to prevent light from getting in between slats.

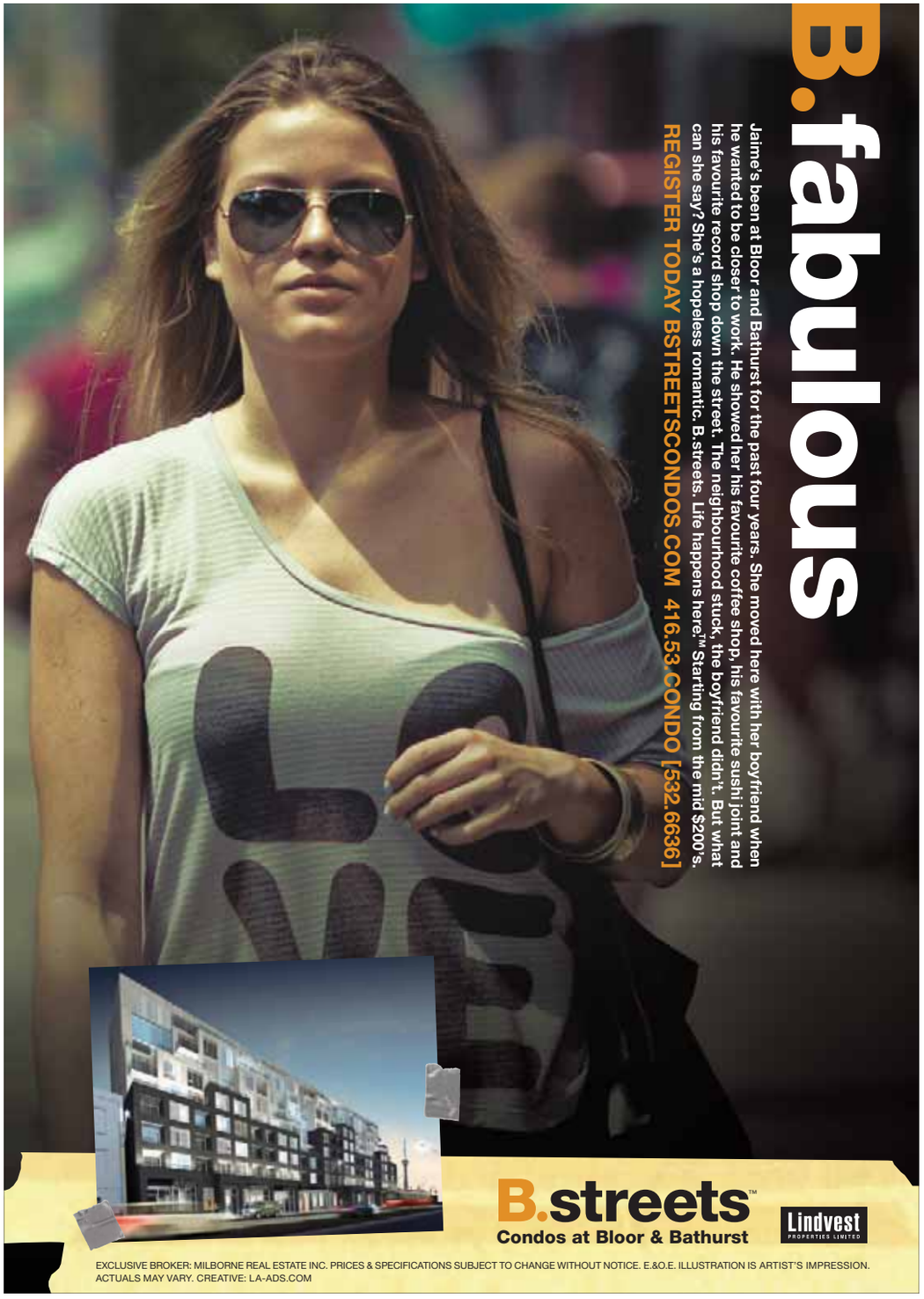
Make a statement
Add your own **sense of style**.

You can be more liberal with design in this room since you don't see it or use it every day.

Try new colours that are richer and bolder, and include textured accents like throw pillows with braids and blankets with fringe.

Reupholster accent pieces in a statement pattern and dress up plain flooring with a rug.

MARRIAGE UNDER CONSTRUCTION AIRS MONDAYS AT 9 P.M. ET/PT ON DIY NETWORK CANADA.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▶ Kate and Matt star in Marriage Under Construction 4 — a 13-part docu-soap that follows their relationship, along with their struggles of building their first home together.

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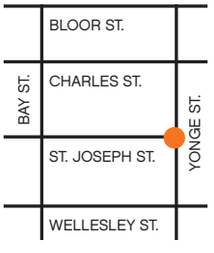

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HEMERA TECHNOLOGIES/ABLESTOCK.COM/THINKSTOCK

▶ Buying a home for the first time can offer many obstacles, from financing to choosing the right area.

Home sweet Home

Metro goes house shopping with three new homebuyers — and it's an exercise in weighing out lifestyle preferences and needs with available funds and other finances

JON TATTRIE
FOR METRO

Meet Joe Stanton, a 42-year-old banking executive, and Liam and Madeleine Rushton, a 20-something couple, who want to start a family. They are both shopping for a place to live and neither have previously owned their own home.

While Stanton is a single man about town and wants a place that is easy to live in and "a solid bet for a good return on investment," the Rushtons are focusing more on finding a place that will accommodate their plans to have a family.

In any case, the first thing both buyers should do, says Chris Mooney, president of the Realtors Association of Edmonton, is to sit down with a mortgage broker or bank to see how much money they can borrow … which is what they do. The Rushtons come back with $250,000, while Stanton gets a $400,000 limit.

Next stop: Meeting with a real estate agent to talk about options. The Rushtons could get a two- or three-bedroom townhouse in the suburbs, and they will want to check out schools and transportation in the area, too.

On the other hand, a 1,000-square-foot downtown condo might be exactly what Stanton wants. Mooney says Stanton's hefty 25 per cent down payment and big budget opens the market up considerably. "There's a lot of new condos in the downtown market," Mooney says. "It's a sound investment with the convenience of living downtown."

Charlotte Hansen, a Halifax-based realtor with Royal LePage, reminds both to factor in monthly bills for a complete financial picture of what they can afford.

She directs the Rushtons to the suburbs, too. The further out they go, the bigger the houses and yards get.

Stanton spends a lot of time at his downtown office, so a quick walking commute trumps the need for a bigger home. "If he's working a lot, he probably will be looking for something with lower maintenance," Hansen says.

He won't have to worry about shovelling snow or cutting grass and when he leaves on business trips, he just has to lock the door and walk away.

How to shop right

There is a lot to remember when shopping for that picture-perfect home. Here is a checklist:

DO hire an agent. "Agents save you time, know of new listings that aren't yet on the market and can spot overpriced listings," says Barb Sukkau, the St. Catherines, Ont.-based president of the Ontario Real Estate Association.

DO get pre-qualified for a mortgage before looking so you know what your price range is.

DON'T forget to research the market. "Look around so you can buy what best suits your needs," she says.

DON'T skip the home inspection. "Home inspectors will tell you the condition of the home and what costs you're facing in the next five to 10 years," notes Sukkau.

ASTRID VAN DEN BROEK

Money talks

Of course, buying a house costs more than the sticker price you see on the MLS listing.

When Metro new homebuyers Joe Stanton, a 42-year-old banking executive, and Liam and Madeleine Rushton, a 20-something couple, started shopping for houses, we spoke to two mortgage advisers to get financial advice.

Before anything, Laurie Foster, an independent mortgage broker with Verico in Winnipeg, says "we need to look at their current financial picture — do we need to restructure other debt?"

All three have been renting and the monthly mortgage payments will be about the same amount. But, Foster says, they now will have to pay for utilities, property tax, Internet and cable.

Foster also recommends setting aside about two per cent of the purchase price to cover lawyer fees, deed transfer tax and other closing costs. Some brokers recommend as much as four per cent.

The Rushtons will likely go with a fixed-rate mortgage (which means the interest rate they are paying is locked in for a fixed period, usually from one to five years) so monthly payments are easy to budget.

Stanton has deeper pockets and will likely go for a variable mortgage rate (which means the monthly interest rate varies depending on what's going on in the market). If interest rates stay low, he could save a bit of money. If the rates rise, he can take a hit.

Both buyers should have a contingency fund that will cover three months of payments in case of layoffs.

Because the Rushtons are paying less than a 20 per cent down payment, says Jamie Small, an adviser with Ottawa Mortgage, they will have to factor in mortgage default insurance, which adds one to three per cent to the total cost.

"We also consider what stage borrowers are in their career. Is their income going to be increasing or is it fixed?" Small says.

Chris Mooney recommends both take a 25-year mortgage. Stanton can pay lump sums on the mortgage anniversary or double monthly payments with his bank bonuses to take a deeper cut out of the balance while maintaining cash fluidity.

In the end, the Rushtons get a purchase-plus-improvements mortgage so they can get a new roof and thick insulation, tacking the $10,000 bill onto the mortgage. And they call in friends and family for the move.

Stanton, valuing time over money, shells out $2,000 for movers.

JON TATTRIE

DIGITAL VISION/THINKSTOCK

Red flags

Wondering if you are touring a money pit? Here are four red flags.

1. Dampness or mould. "Sometimes this can be found around the baseboards and can signal a moisture problem," says Barb Sukkau, the St. Catherines, Ont.-based president of the Ontario Real Estate Association.
2. Cracks in the foundation. "They're easier to find if the basement isn't finished," she says.
3. Curly shingles. A roof with shingles starting to curl and looking rough around the edges indicates an old roof. "Also, when you're walking through the house, look for cracks or staining in the ceiling. That could indicate a leaky roof," she warns.
4. Wonky floors. Bumpy or uneven floors could point towards a structural issue.

ASTRID VAN DEN BROEK

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Coast to Coast

A guide to properties in various price ranges in eight Canadian cities

CONTRIBUTED

HALIFAX

"The average sale price in Halifax is around $260,000, although you can spend $685,000 in a higher end downtown market." — Paula Langille, Royal Lepage Atlantic

<$300,000

Between $150,000 and $220,000 will get you a semi-detached house or condo.

$300,000 – $400,000

This category, in general, is second homebuyers moving up into the next price bracket — and a larger house.

>$400,000

Bedford, Eaglewood, Shore Drive and the Ravines neighbourhoods are all in the $600,000 plus area.

ABOVE: A family stands in front of their new home in Dartmouth. It had a purchase price in the low $200,000 range.

COURTESY OF TORONTO REAL ESTATE BOARD

TORONTO

"You can still find properties in Toronto under $300K, but you really have to do your homework." — Shana Bahrami, Right at Home Realty Inc.

<$300,000

A two-bedroom bungalow on a 22x169-foot lot in the Dufferin and Eglinton area is listed at $239,900.

$300,000 – $400,000

There are lots of condos in this price range around the city including a bright, midtown one-bedroom plus den listed at $374,900.

>$400,000

Older, established neighbourhoods like The Bridle Path, Forest Hill and Rosedale always increase in value with prices in the millions of dollars.

ABOVE: A condo in this midtown building was listed at $374,900.

COURTESY OF ROYAL LEPAGE

OTTAWA

"Prices here go up steadily. The stats say between five and six per cent on average per year."
— Lu Korte, Royal LePage

<$300,000

You can buy a cosy, three-bedroom home in the desirable Briarbrook/ Morgan's Grant area for $274,900.

$300,000 – $400,000

A semi-detached home in Ottawa's Bridlewood area has three bedrooms, three baths and an asking price of $339,900.

>$400,000

A three-storey, 3,600-square-foot home with finished basement, five bedrooms, four baths and pool in Stittsville, a suburb of Ottawa, has an asking price of $649,900.

ABOVE: This cosy, three-bedroom house was listed by Royal LePage at $274,900.

CONTRIBUTED

VANCOUVER

"We're in a buyer's market for sure." — Ryan DeLuca, Sotheby's International Realty.

<$300,000

You could get a studio in the city or an older one-bedroom condo that's going to require some significant renovations; you could also get a townhouse in the suburbs.

$300,000 – $400,000

You're looking at a small, one-bedroom condo in downtown Vancouver. You could get a larger space just outside the city on the east side of downtown, which is becoming a more artsy, trendy area.

>$400,000

A detached home in Vancouver will cost more than $500,000.

ABOVE: Spending more than $400,000 will get you a beautiful space in Vancouver.

PHOTO COURTESY OF ROYAL LEPAGE

WINNIPEG

<$300,000

A little, two-bedroom bungalow on Arlington Street in Winnipeg has 792 square feet and is priced at $89,999.

$300,000 – $400,000

A nice condo on Wellington Crescent has two bedrooms, two bathrooms — and 1,569 square feet.

>$400,000

A four-bedroom house is listed at $949,500 at 238 Portsmouth Blvd., with 3,400 square feet set on a 98x280-foot lot.

ABOVE: A nice condo in this building was listed for less than $400,000.

CONTRIBUTED

CALGARY

<$300,000

There are new highrise condos in the downtown starting from $190,000 and townhomes in suburban areas from $275,000.

$300,000 – $400,000

A budget of more than $350,000 can open the door to a starter home in the suburbs.

>$400,000

For $599,900, you could get a riverfront condo in SE Calgary.

ABOVE: This Sotheby's International Realty Canada property is listed at $599,900.

COURTESY OF REALTORS ASSOCIATION OF EDMONTON

EDMONTON

<$300,000

A middle-of-the-road condo or a 1,200-square-foot townhouse.

$300,000 – $400,000

An average bungalow in an older established neighbourhood such as Kildare, Goldbar or Greenfield.

>$400,000

Up to $500,000 is taking you into an average newer detached home. In condos, you will get just about anything you want.

ABOVE: For between $350,000 and $400,000, this property is centrally located on a treed lot.

PHOTO COURTESY OF ROYAL LEPAGE

LONDON

<$300,000

A 2,100-square-foot penthouse condo has an asking price of $299,900.

$300,000 – $400,000

A spacious home with three bedrooms, three bathrooms and an asking price of $354,500.

>$400,000

At the high end, a four-bedroom, four-bath home in London is priced at $774,000.

ABOVE: This property has a listing price of $354,500.

BY DUNCAN MCALLISTER AND YLVA VAN BUUREN

ISTOCKPHOTO/THINKSTOCK

▶ Consider many factors when choosing your first home, including if you want a big front yard for kids.

What is the best fit for you?

You are excited to be shopping for a new place to live. But there's so much choice available. Should you buy a condo or single-family home? A resale or a new build?

How to choose? Here are some tips to consider before you start making any decisions.

Condo versus single/ detached home

"There are pros and cons to both," says Paula Langille, realtor with Royal LePage Atlantic in Halifax.

A condo generally means more carefree living with condo fees covering general upkeep and maintenance. "That being said, you don't necessarily have the freedoms you would in a detached home or the outdoor spaces you may wish for," she says.

Consider your circumstances. If you like to garden and putter in a workshop, then a home might be for you. However, if you prefer to be in the heart of the urban action (like our new homebuyer Joe Stanton), a condo might make more sense.

Old home or new home?

OK, you have decided on a home — should you look at a resale home or a new build?

"An older home has more maintenance involved. If we sell a home built in 1910, many people are scared away from a home like that because they're draftier and heating bills are higher. But people who buy those 1910 character homes tend to 'get' them. They like the museum-like quality and charm," says S.D. Grinton, associate broker for Royal LePage Benchmark in Calgary.

As for new homes, you might have some customizable choices, depending on your budget, which is admittedly smaller for first-time buyers.

Things to think about

Grinton says there are many factors to consider when determining what living space is right for you.

Along with budget, there is commuting (do you like to commute since new builds are often in the suburbs and require commuting into the city) and your relationships (if you are starting a family like our new homebuyers the Rushtons), a detached home with a yard might be the best choice.

"Also, consider your hobbies," says Grinton. In cities, the entertainment district is usually central. If you have a condo and you like to get away on weekends to the cottage, that factors into your decision, too.

Finally, costs are ultimately the final consideration. After getting pre-qualified for a mortgage, which helps you determine how much you can afford, also consider potential extra costs — such as condo fees for condos, serious upgrades for older homes and customizing packages and commuting costs for new builds.

ASTRID VAN DEN BROEK

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Staring down the starting gun

Leafs host Canadiens tonight in season opener ◆ Looking to avoid early struggles of past

When news he had been traded to the Toronto Maple Leafs first reached John-Michael Liles over the summer, he started making phone calls. After spending his entire NHL career in Colorado, he was anxious to hear about how life was going to change.

"I was able to talk to Darcy Tucker a bit, obviously a great figure in Leafs fans' memories," said the veteran defenceman.

"He kind of just laid it out for me, he said: 'You'll love playing here. It's an unbelievable organization. It's a great city.'"

Of course, Tucker was around for the Maple Leafs' last run of prosperity, a period that has long since faded from view.

The city hasn't been so kind to hockey players in recent years while general manager Brian Burke completely turned over the roster. And with the team yet to sniff the playoffs since the lockout, it sounds like there'll be even more urgency in 2011-12.

"I'm not worried about where we're going to be in two or three years," said coach Ron Wilson. "My primary responsibility is making the playoffs this year and getting off to a good start."

More than anything, the Leafs are hoping to pick up where they left off last season. After enduring a miserable 1-8-3 stretch in October and November, the team climbed back into the Eastern Conference playoff race in the second half while riding the hot hand of goaltender James Reimer, who ascended from No. 4 on the depth chart to claim the No. 1 job.

Reimer, who signed a $5.4-million US extension, must prove his audition last year was no fluke.

"Good goaltending goes a long way in our league," said Wilson. "A great goalie can smooth over a lot of rough edges and make up for mistakes that happen in front of him. If you don't trust your goalie, your confidence sinks."

The group in front of him should be better than a year ago. Liles and Cody Franson were acquired in separate off-season deals to add depth to a blue-line that already included Luke Schenn, Dion Phaneuf, Carl Gunnarsson, Mike Komisarek and 21-year-old standout Jake Gardiner who cracked the lineup with a strong training camp.

"I've never changed my philosophy, which has been that unless you can keep the puck out of your own net you're not going to have a championship team," said Burke. "To me it's like pitching in baseball. You can have eight Hall of Famers in the field (but) if you don't have pitching you're not going to win ... I think this group we put together on the blue-line is as competitive as anybody has."

An area of concern that remains is scoring.

After losing out to the New York Rangers in bidding for free-agent centre Brad Richards, Burke attempted to address a weakness up the middle by signing Tim Connolly and trading for Matthew Lombardi, who was limited to just two games with Nashville a year ago because of a concussion.

Lombardi was only cleared for contact midway through training camp, but is still hoping to be ready for tonight's opener against Montreal. The Leafs will be hobbled early with injuries to Connolly and youngster Nazem Kadri.

Regardless, throughout training camp the team stressed the need to set the tone for a good season right out of the gate.

"We want to be a playoff team, that's our goal," said Phaneuf, entering his second year as captain. "The biggest thing from my experience of playing in the league is you have to get off to a good start and you've got to be consistent. You can't have the week-long (losing) slides or the two-week slides, they really hurt you." THE CANADIAN PRESS

RICK MADONIK/TORSTAR NEWS SERVICE

▶ Leaf netminder James Reimer takes a breather at practice yesterday.

Higher expectations

Four Toronto storylines to watch heading into the 2011-12 NHL season.

James Reimer
GOALTENDER

Few NHLers will have their performance scrutinized as closely. Reimer has just 37 career NHL games under his belt and with a new three-year contract extension the Leafs' playoff hopes are squarely on his shoulders.

Tim Connolly
CENTRE

Will start season on injured list with a suspected shoulder injury, but with a fresh two-year $9.5 million US contract, the oft-injured centre will be counted on to be the set-up man on a line with Phil Kessel and Joffrey Lupul.

Ron Wilson
COACH

The pressure will be on right from opening night. Wilson's future is already a hot-button topic in the city — he's in the final year of his contract — and the Leafs open the season with five consecutive games at Air Canada Centre.

The Drought
PLAYOFFS

Nevermind 1967, Toronto brings a six-year playoff drought into the season and is under huge pressure to end its run of futility. With injury issues and depth questions the Leafs have their work cut out for them.

THE CANADIAN PRESS

24

The Leafs were ranked 24th in the NHL in goals against last season.

4 sports

Quoted

"I don't think we ever looked (back). We just (said) we want to win. That was in the past. For my part back in the 1990s, we heard about (1967), but we didn't think about it."

FORMER TORONTO MAPLE LEAF DOUG GILMOUR ON HIS PLAYING DAYS IN A CITY THAT HASN'T WON A STANLEY CUP SINCE 1967.

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Spotlight shining brighter than ever

All at key turning points of their careers, here are five NHLers surrounded by intrigue going into 2011-12

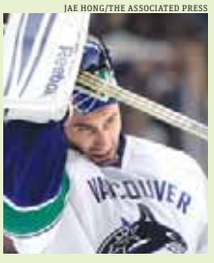
No one is pumping Roberto Luongo's tires now.

The Vancouver Canucks goalie was the most talked about — and skewered — player during a Stanley Cup final run that ended in disappointment and riots when he fell flat thru seven games against the Boston Bruins.

Four months later, Luongo finds himself back in the spotlight — will he be the player who earns Vezina Trophy consideration during the regular season or the one who endured some struggles in the playoffs?

With the 2011-12 season set to get underway tonight, Vancouver's most enigmatic athlete tops our list of five players to watch this year:

JAE HONG/THE ASSOCIATED PRESS



Roberto Luongo
VANCOUVER CANUCKS

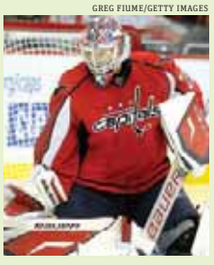
Adding intrigue to Luongo's situation is the fact he has arguably the most capable backup in the league. Many believe Cory Schneider is good enough to be a No. 1 man and the Canucks intend to give him more than the 25 appearances he received last year. If Luongo struggles, it could be a lot more.

MARK J. TERRILL/THE ASSOCIATED PRESS

Drew Doughty
LOS ANGELES KINGS

The smooth-skating defenceman finally got a big contract out of the Kings, but now he'll have to earn it. The $56-million US man is the highest-paid member of a team expected to challenge for a championship and will be playing catch up after missing almost two weeks of training camp.

GREG FIUME/GETTY IMAGES



Tomas Vokoun
WASHINGTON CAPITALS

Expectations are even higher than normal in D.C., where the veteran Czech goalie signed a bargain $1.5-million deal for the chance to play for a Stanley Cup. The 35-year-old has consistently been one of the league's better goaltenders but has yet to win a playoff series.

CHRISTIAN PETERSEN/GETTY IMAGES

Jarome Iginla
CALGARY FLAMES

The Flames captain has played all 82 games in five-of-six seasons since the lockout, but was hampered by back spasms during training camp. So far, Iginla hasn't shown many signs of age (he had 43 goals and 86 points last year) — can he fend off Father Time for another season?

BRUCE BENNETT/GETTY IMAGES

Jaromir Jagr
PHILADELPHIA FLYERS

About the only guarantee that can be made about Jagr's return to the NHL is that he'll finally hit the 1,600-point barrier. Jagr needs just one more point to do it. But after three years in Russia, and at age 39, it's anyone's guess what the five-time scoring champion has left.

THE CANADIAN PRESS

It's Game Time!

Here's what hockey-driven-Metropolitans have to say about the upcoming NHL season.

45% of Metropolitans are your red-blooded Canadian hockey fans – 15% of those are the ones you'll see screaming at the TV or at ice-level wearing jerseys and body paint!

87% root for their home team

PRE-GAME RITUALS?
Here's what some of you do before the puck drops:
"Call my dad"
"Kiss my miniature Stanley Cup"
"Wear my team's jersey"
"Pray"
"Grab beer and nachos"
"Study stats"
"Put on my lucky socks"

Which Canadian city should be next in line for a new NHL team?

Quebec City	33%
Hamilton	32%
Toronto	19%
Other	17%

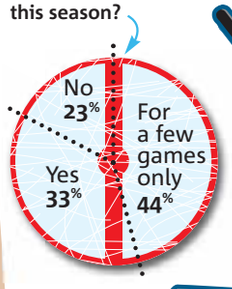
Is fighting an essential part of the NHL?

Yes, it's part of the game	40%
No, we have the UFC for that	60%

Do you think the Canucks will make it back to the Stanley Cup final?

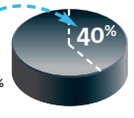
Yes	51%
No	49%

Do you think Sidney Crosby will return to action this season?



Who's going to be the top rookie in 2011?

Ryan Nugent-Hopkins, Edmonton Oilers	40%
Ryan Strome, New York Islanders	24%
Jussi Rynnas, Toronto Maple Leafs	18%
Jonathan Huberdeau, Florida Panthers	17%



Has Gary Bettman been a good ambassador for the NHL?

Yes	18%
Not in Canada	45%
Not Anywhere	37%

Who do you think will win the Stanley Cup?

Vancouver	16%
Toronto	9%
Montreal	8%

think 3 or 4 Canadian teams will make it to the playoffs this season

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Source: Metropolitan Panel Survey; 336 Respondents; September 2011

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Metropolitan Panel

Habs give Leafs playoff hope

‘They always seem to find a way to be in the playoffs,’ says Toronto’s Schenn of Original Six rival

The Toronto Maple Leafs need only to look across the ice on opening night to see an example of what they hope to become.

Even though their opponents tonight will be the Montreal Canadiens — a team looking for better things of its own in 2011-12 — Toronto's historical rival serves as a pretty good role model. Icing a lineup built largely on depth, the Canadiens have missed out on the post-season just once in the past six seasons.

“They've been consistent the past few years in making the playoffs,” Leafs defenceman Luke Schenn said after practice yesterday.

CANADIENS vs LEAFS

▶ **Time:** 7 p.m.
TV: CBC

“They’re a perfect example of a team that works hard every night. They get contributions from all four lines. I'd say they’re kind of an underdog going into every year and they always seem to find a way to be in the playoffs ... it just goes to show that if you bring it every night any team can get in.”

At this point, that would represent a major step forward for the Leafs.

The urgency of their situation is reflected in the roster juggling that went on right until the final day of training camp. Centre David Steckel joined the Leafs at practice one day after being acquired from New Jersey in a trade. Toronto will start the year with two core forwards on injured reserve — top centre Tim Connolly (upper body) and winger Nazem Kadri (knee) — while Clarke MacArthur is on the sidelines with a two-game suspension.

THE CANADIAN PRESS

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NHL storylines to watch

PHOTOS
1. JOHN WOODS/THE CANADIAN PRESS
2. PAUL BERESWILL/GETTY IMAGES
3. BRUCE BENNETT/GETTY IMAGES
4. JEFF GROSS/GETTY IMAGES

1 The best story over the summer was undoubtedly the league's decision to return a team to Winnipeg after 15 years. The Manitoba capital has been bursting with excitement ever since, making the Jets a sentimental favourite. Can the enthusiasm carry them to the playoffs?.

2 The tragic death of three enforcers over the summer prompted some to raise the age-old question about whether fighting still belongs in the sport. While totally banning fighting still seems a long way off, the general managers are bound to dissect the issue again when they sit down together this season.

3 Two teams garnering a lot of pre-season Stanley Cup hype are San Jose and Washington. Sound familiar? Both franchises have been seen as powerhouses in recent years, only to fall short in the playoffs.

4 Teemu Selanne and Jaromir Jagr seem like stars from a bygone era, but both remain active in the NHL. Selanne is coming off an amazing 80-point season with Anaheim while Jagr signed with Philadelphia after three years in the KHL. Can they continue to turn back the clock for one more year? THE CANADIAN PRESS

Eastern Conference preview

Boston Bruins
There were no significant roster changes to the team that lifted the Stanley Cup in June, but the Bruins face pretty long odds of repeating that feat. The challenge might be toughest for Tim Thomas, who is coming off one of the finest seasons by a goaltender in league history.

Florida Panthers
Needing to spend money to get to the salary floor, general manager Dale Tallon completely overhauled his roster this summer. With as many as 10 new players in the lineup, one of the biggest challenges for new coach Kevin Dineen will be getting his team on the same page.

New York Islanders
Life seems to be looking up a bit on Long Island, where John Tavares heads into his third NHL season poised to take another step ahead. He leads an intriguing group of young forwards that includes Michael Grabner and rookie Nino Niederreiter. Defenceman Mark Streit will also be back.

Philadelphia Flyers
While the expensive acquisition of Ilya Bryzgalov gives Philadelphia the top-flight goaltending it has been missing, the team is going to take a step back offensively without Mike Richards and Jeff Carter — unless Jaromir Jagr can magically turn back the clock.

Buffalo Sabres
After buying the Sabres earlier this year, Terry Pegula just kept on writing cheques. The team was a big spender over the summer, acquiring Ville Leino, Robyn Regehr and Christian Ehrhoff. There are no glaring holes in this Sabres team, especially if Ryan Miller returns to Vezina Trophy form.

Montreal Canadiens
The Habs find themselves on the playoff bubble once again. With Roman Hamrlik departed for Washington and Andrei Markov still fighting injuries, questions remain on the blueline. Fortunately, goaltender Carey Price is coming off his best season and has shown he can shoulder the load.

New York Rangers
Brad Richards is set to take Broadway by storm, giving the Rangers the kind of playmaking centre they've lacked. He's reunited with coach John Tortorella — they won a Stanley Cup together in Tampa — and should have a major impact.

Pittsburgh Penguins
Pittsburgh finished with 106 points despite playing large chunks of last season without Evgeni Malkin and Sidney Crosby and should remain among the NHL's elite, particularly if it has better luck on the health front. This could be a serious Stanley Cup contender.

Carolina Hurricanes
Expect them to be in the hunt for a playoff spot again. General manager Jim Rutherford — an excellent bargain hunter — bolstered his lineup with veterans Tomas Kaberle, Alexei Ponikarovsky, Anthony Stewart and Brian Boucher over the summer.

New Jersey Devils
The Devils were arguably the NHL's best team in the second half of last year despite falling short of the post-season for the first time since 1996. New Jersey should rebound with a healthy Zach Parise back in the lineup and the addition of impressive rookie defenceman Adam Larsson.

Ottawa Senators
There's bound to be some growing pains with a rebuilding project that started midway through last season. A number of young players are being asked to fill roles under new coach Paul MacLean, complementing the handful of remaining veterans.

Tampa Bay Lightning
Steve Yzerman's team should be more than capable of handling heightened expectations with Steven Stamkos, Marty St. Louis and Vincent Lecavalier flanked by a capable group of defencemen. No. 1 goaltender Dwayne Roloson turns 42, but showed no signs of slowing down in the playoffs.

Washington Capitals
The top team in the conference two years running added to its arsenal in the off-season. Tomas Vokoun's arrival gives the Caps a proven veteran in goal and was accompanied with the additions of veterans Roman Hamrlik, Joel Ward and Troy Brouwer.

Winnipeg Jets
For all intents and purpose, this is the same group of players that finished 12th in the Eastern Conference as the Atlanta Thrashers a year ago. It's going to take some time for general manager Kevin Cheveldayoff to turn this into a playoff team.

THE CANADIAN PRESS

The summer of Sidney

Crosby's slow recovery puts hockey world's focus on concussions and head shots

GENE J. PUSKAR/THE ASSOCIATED PRESS

▶ Sidney Crosby listens to his coach at the Penguins' first team workout last month.

Look at your right hand. Close your eyes. Do you know where it is? Are you certain?

For months, Sidney Crosby was not.

While the rest of his Pittsburgh Penguins teammates spent the summer resting, working on their golf game and trying to get over a seven-game loss to Tampa Bay in the opening round of the playoffs, the game's greatest player spent it searching for a way back to normalcy.

Two head shots within a week of each other last January ended the former MVP's season, put his career in jeopardy and may have started a culture change in a sport where toughness, grit and "playing through it" are among the most prized commodities.

Entering his sixth NHL season, the 24-year-old franchise cornerstone didn't set out to be the most public case study on the mysterious lingering effects of concussions. He simply wanted to feel better and get back to doing what he loved.

The road back has been more arduous than he ever possibly imagined when he was scratched out of the lineup following a game against Tampa Bay on Jan. 5 after experiencing what he's since described as "fogginess."

"I'd love to be able to say first game back I'm right where I left off, but it's pretty unrealistic."
SIDNEY CROSBY

Months of rest, of tests, of travel, of quietly — and not so quietly — refuting what his camp has deemed as misinformation about his condition, his health, his future have followed.

The organization did its best to give Crosby space. Coach Dan Bylsma and general manager Ray Shero checked in occasionally. Teammates, both old and new, would text or call to talk about anything and everything but the state of Crosby's head.

Penguins forward Jordan Staal says they texted about fishing. The words "vestibular system" — which focuses on a person's ability to balance and work within a given space, the system most affected by Crosby's concussions — never came up.

"I figured he was getting enough of it from everywhere else," Staal said. "All that matters to us really is that he's healthy. All that stuff you thought you heard, I didn't pay any attention to it."

Private by nature, the combination of Crosby's injury and his urge to get away from things back home in Canada during the off-season only seemed to feed the frenzy.

He was retiring. He wasn't retiring. He suffered a setback. He was skating at full speed. Each week seemed to bring a new rumour or theory.

Crosby remains polite but reserved when talking about the process, though he did spend more than 40 minutes last month addressing reporters while sitting alongside the two doctors who have overseen his rehabilitation.

Not one to make declarative statements, Crosby said during his press conference it was "likely" he would play again this season, and he's attacked training camp ferociously even if he's forced to wear a different coloured helmet to let his teammates know he's not cleared for contact yet.

THE ASSOCIATED PRESS

Western Conference preview

Anaheim Ducks
Much of the excitement comes from young blue-liners Cam Fowler and Luca Sbisa to go with top rearguard Lubomir Visnovsky, who is coming off a 68-point season. Getting goalie Jonas Hiller back to full health should also be a plus. Perhaps the best news was that 41-year-old Teemu Selanne is back for another year to skate with veteran Saku Koivu.

Chicago Blackhawks
Salary cap woes prompted a rebuild after their 2010 Stanley Cup victory and the Blackhawks look ready to challenge again. The core of the championship team remains in Jonathan Teows, Patrick Kane, Patrick Sharp and Marian Hossa up front. Added this summer was tons of toughness in Jamal Mayers, Sean O'Donnell and Dan Carcillo.

Columbus Blue Jackets
The arrival of Jeff Carter from Philadelphia could make a potent top line with scoring ace Rick Nash, and when new rearguard James Wisniewski finishes serving his eight-game suspension, it could make for a solid power play. Much will depend on secondary scoring from the likes of Antoine Vermette, Derick Brassard and youngster Jakoc Voracek.

Detroit Red Wings
Stalwarts Kris Draper, Brian Rafalski and Chris Osgood are gone and Niklas Lidstrom turned 41 in April. But there is a reason they have not missed the playoffs since 1990 — their ability to renew themselves. Pavel Datsyuk and Henrik Zetterberg remain, but they will be looking for young players like Justin Abdelkader and Darren Helm to pick up the pace.

Los Angeles Kings
The signing of rising star defenceman Drew Doughty to an eight-year contract this week should send a quickly improving Kings team into the season on a high. The summer acquisition of two-way centre Mike Richards and sniper Simon Gagne adds to a potent forward group that includes Anze Kopitar, Dustin Brown and Dustin Penner.

Nashville Predators
Goaltender Pekka Rinne and the first-rate defence pair of Shea Weber and Ryan Suter, along with savvy coaching from Barry Trotz took the Predators to the second round of playoffs for the first time last spring. Now they have to do it again with a team whose top scorers, Sergei Kostitsyn and Martin Erat, each had only 50 points, which will be a challenge.

Calgary Flames
Although he had back trouble in camp, captain Jarome Iginla showed last season he is not slowing with age with a 43-goal, 86-point season. He will team again with Alex Tanguay and perhaps prospect Mikael Backlund or veteran Olli Jokinen on a top line. Everything depends on solid goaltender Miikka Kiprusoff, who played 71 games last season.

Colorado Avalanche
It's all about young talent, starting with rising centre Matt Duchene who led the team with 67 points. Now second overall pick Gabriel Landekog is in the picture. It points to a bright future, especially with Paul Stastny and veteran Milan Hejduk to add offence. But they're betting on inconsistent Semyon Varlamov and veteran J.S. Giguere in goal.

Dallas Stars
Star centre Brad Richards is gone and replacing the free agent's 77 points will be a challenge. It makes a first-line centre of Mike Ribeiro for the first time, and he could have his old Montreal linemate, free agent Michael Ryder, on his wing. There's also support from Loui Eriksson and Brenden Morrow. They'll look for a step forward from 22-goal man Jamie Benn.

Edmonton Oilers
The ever-popular Ryan Smyth is back and his experience should be a boost to all the young talent the Oilers have amassed. No. 1 overall draft pick Ryan Nugent-Hopkins joins 2010 top pick Taylor Hall, Magnus Paajarvi, Jordan Eberle, Linus Omark and others on a team that should keep getting better for the next several years.

Minnesota Wild
Bold moves were made to land Heatley and Setoguchi from San Jose, but it cost Burns, who logged 25 minutes per game of ice time, and Havlat, the team's co-leader in scoring with 62 points. Rearguard Cam Barker is also gone. The power play could improve with new wingers for star centre Mikko Koivu.

Phoenix Coyotes
Goaltender Ilya Bryzgalov has gone to Philadelphia and it will be Mike Smith starting in goal. It's not good news for a team whose best goal-scorer was veteran Shane Doan with 20. The good news was that Keith Yandle took another step toward becoming an elite defenceman. And there is plenty of young talent in the organization, led by forward Kyle Turris.

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St. Louis Blues
The Blues will see how much veterans Jason Arnott and Jamie Langenbrunner have left after adding their experience to a talented young roster. The young defence duo of Kevin Shattenkirk and Alex Pietrangelo is a source of optimism, and they know they'll get consistent goaltending from Jaroslav Halak. After two seasons out of the playoffs, the Blues should be ready.

San Jose Sharks
The Sharks have had a maddening run of playoff disappointment, including losses in three conference finals, despite amassing 100 or more points in six of the last seven seasons. Dealing Dany Heatley and Devin Setoguchi to Minnesota and getting back defensive ace Brent Burns and playmaker Martin Havlat bolsters their defence without giving up too much on attack.
THE CANADIAN PRESS

'The experience makes you stronger'

Vancouver Canucks keep nucleus intact Team dominant last year but focus now is on winning Stanley Cup

Defeat can be a cruel teacher.

The Vancouver Canucks believe losing Game 7 of last year's Stanley Cup final to the Boston Bruins taught them some valuable lessons that will help them this NHL season.

"The experience makes you stronger," said defenceman Kevin Bieksa. "It makes you better, it makes you mentally stronger.

"I think we have the major pieces all back. We are all better because of last year. There is no reason why we shouldn't be better this year."

Better means winning the Stanley Cup.

Veteran Mikael Samuelsson understands better than most of the Canucks how hard it is for a team to return to the final. He played for the Detroit Red Wing teams that won the Cup in 2008, then lost to Pittsburgh in 2009.

"It's a bit of a grind and we know it's going to be a long year," said Samuelsson, who saw his playoffs cut short due to surgery to repair an abdominal injury last spring.

"We have to start off from Day 1 doing the right things."

The Canucks were a dominant force in the league last year. Vancouver won the President's Trophy for the best record in the NHL while setting franchise records with 54 wins, 117 points and 27 road victories.

"Can we win the Stanley Cup without scoring that many goals? Of course we can. We were a good team last year. We are a good team this year."
DANIEL SEDIN

The Canucks scored more goals than any team and allowed the least. They had the NHL's best power play and third-best penalty kill.

Canuck general manager Mike Gillis managed to keep the nucleus of his team intact, resigning free agents like Bieksa and defenceman Sami Salo. Vancouver's top line remains the same — captain Henrik Sedin playing centre between twin brother Daniel and scrappy winger Alex Burrows.

Defensive specialist Manny Malhotra underwent two more procedures on his injured left eye during the summer but says he's fit to play. Malhotra returned to the lineup for the final after suffering a career-threatening eye injury in mid-March.

The defence remains strong with Dan Hamhuis, Alex Edler and Aaron Rome. Keith Ballard is looking for some consistency after an up-and-down season.

The Canucks lost high-scoring defenceman Christian Ehrhoff to free agency. Also gone from the team that reached the final are forwards Raffi Torres, Jeff Tambellini, Tanner Glass and Alex Bolduc.

Roberto Luongo will be the Canucks starting goaltender. One of the best goalies in Vancouver history, he still hasn't shaken the label of a player who doesn't have the mental strength to win the big games.
THE CANADIAN PRESS

EZRA SHAW/GETTY IMAGES

▶ Backup goalie Cory Schneider is expected to play more games this year and has the potential to be a starter on other teams. Schneider's name often comes up in trade rumours, but GM Mike Gillis maintains he wants to keep both goaltenders in his lineup.

Free agency

Fans looking for Gillis to make a splash over the summer either by trade or free agency were disappointed.

- The only major new signing was 33-year-old forward Marco Sturm, who agreed to a one-year deal worth US$2.25 million.
- Gillis is gambling Sturm, who has been bothered by knee injuries, returns to the form that saw him score 20 or more goals seven times in his 14-year career.

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Cardinals win forces NLDS to Game 5

Former Blue Jays Halladay and Carpenter take mound tomorrow

David Freese homered, doubled and drove in four runs as the St. Louis Cardinals tagged playoff nemesis Roy Oswalt and beat the Philadelphia Phillies 5-3 last night, forcing a deciding fifth game in their NL division series.

Edwin Jackson recovered from a rocky beginning to win his first playoff start with six solid innings. Jason Motte worked a perfect ninth for his second save of the series.

Albert Pujols was hitless in four at-bats in what could have been his final home game with the Cardinals. He received thunderous cheers every trip to the plate from a standing room crowd of 47,071, second-largest at six-year-old Busch Stadium.

Roy Halladay, the Game 1 winner, will face St. Louis ace Chris Carpenter on tomorrow night in Philadelphia. THE ASSOCIATED PRESS

5	1
CARDINALS	PHILLIES

DILIP VISHWANAT/GETTY IMAGES

▶ The Cardinals' Matt Holliday, right, slides into home plate in St. Louis last night.

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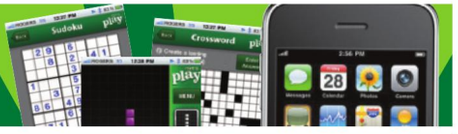

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Kishwar NAHEED Plaintiff
-VS-
Rehan MUNAWAR Defendant

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The applicant will be presented at the court on November 8, 2011 at 9:00 am, Room 2.17 in the Courthouse of Montreal.

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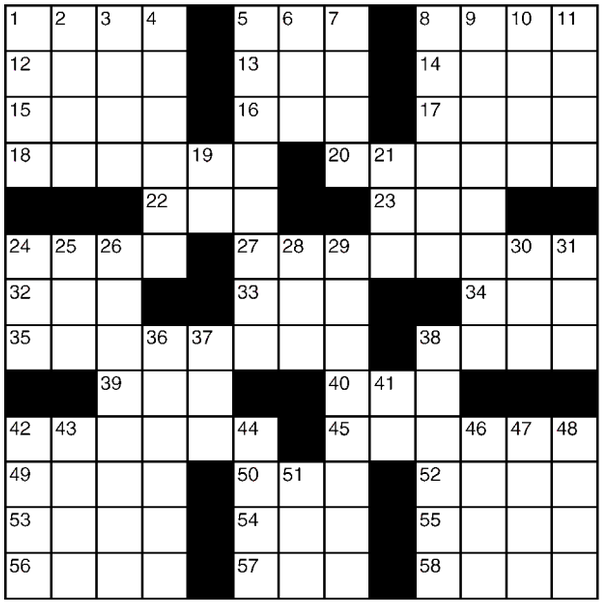
Crossword



Across

1 Engrossed
5 Old man
8 Rabbit's tail
12 Wrinkly fruit
13 Japanese sash
14 "My bad"
15 Let fall
16 Joker
17 — -tat-tat
18 Ohio city
20 Tailor, humorously
22 Frequently
23 Speck
24 Freeway access
27 Adverse
32 Hearty brew
33 Author Santha Rama —
34 Sundial numeral
35 Hat seller
38 Automaker Ransom Eli —
39 Pitch
40 Sine qua —
42 It had a big part in the Bible
45 Masticated
49 Famous cookie man
50 Egg-yung link
52 Made on a loom
53 New Zealand symbol
54 Coach Parseghian
55 Mat melody
56 Coastal flyer
57 Deterioration
58 Holler

Down

1 "Our Idiot Brother" star Paul
2 Taj Mahal city
3 Tactic
4 Excellent
5 Business decline
6 Lawyers' org.
7 Uses a shovel
8 "Parting is such sweet —"
9 Man's jacket feature
10 Doing
11 Despot
19 "— Thee I Sing"
21 Fuss
24 Aries
25 Clay, today
26 Loss of self-control
28 Dundee denial
29 Traitor
30 Disencumber
31 Insult (Sl.)
36 Legendary TV pooch
37 Anger
38 Unilateral
41 "I see"
42 Croupier's tool
43 Eastern potentate
44 Somewhere out there
46 Had on
47 Maleficent
48 Transaction
51 Acapulco gold

Yesterday's answer

B	O	N	D		E	G	O		A	V	O	W
O	B	O	E		M	O	O		M	E	N	U
B	I	G	M	O	U	T	H		A	R	C	S
S	T	O	O	D			S	L	I	M	E	S
			T	E	A	S		O	N	O		
W	I	P	E		B	U	R	N		U	S	A
A	L	L		A	L	G	A	E		T	E	D
S	L	Y		C	Y	A	N		C	H	E	Z
		M	U	M		R	I	N	D			
S	O	O	N	E	R			A	R	D	O	R
O	P	U	S		Y	A	R	M	O	U	T	H
F	E	T	A		E	W	E		M	E	T	E
A	C	H	Y		S	E	X		S	T	O	A

Sudoku

		4		3		9	1	
3	9		6				2	
		2			7			
		6		4				
2		8				3		5
				2		1		
			5			8		
	4				9		7	2
	2	7		8		5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

3	5	2	7	4	8	1	9	6
8	6	4	9	2	1	7	5	3
9	1	7	5	6	3	2	4	8
1	4	9	3	8	7	6	2	5
6	8	5	2	1	4	3	7	9
7	2	3	6	5	9	8	1	4
4	9	8	1	7	6	5	3	2
2	7	6	4	3	5	9	8	1
5	3	1	8	9	2	4	6	7

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KAROLINNNAAAA

Jason Stevenson,
I loved the way how u looked at me before .... that day was amazing .... I saw your beautiful eyes... i didn't want anything more!!! I just want you .... I had crush on u .... but after some situation .... i meet the person like a really who you are !!!!! **SOMEONE**

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PRINCESS

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Mercury close to Saturn in your opposite sign means there's no pleasing those who don't want to be.

♉ Taurus April 21-May 21 Your list of things to do may be longer than your arm but so what? Don't put extra pressure on yourself.

♊ Gemini May 22-June 21 Mercury, your ruler, urges you to be honest about your feelings. Nothing must be hidden.

♋ Cancer June 22-July 22 Certain people may frown at your behaviour today, only because they're jealous of your carefree attitude.

♌ Leo July 23-Aug.23 You may experience a loss of confidence today but it will pass, so there is no need to get yourself worked up about it.

♍ Virgo Aug. 24- Sept. 22 Something to do with money has been causing you a few sleepless nights but there is no reason to worry.

♎ Libra Sept. 23-Oct. 23 You have courage, confidence and bags of energy. So why are you not putting it to better use?

♏ Scorpio Oct. 24-Nov. 22 If someone wants to wallow in self-pity that's fine, but decline in joining the "woe is me" party.

♐ Sagittarius Nov. 23-Dec. 21 Your dreams and wishes can come true, but you've got to believe. You're always a winner in life.

♑ Capricorn Dec. 22-Jan. 20 Do you bask in success or do you build on it? That's up to you.

♒ Aquarius Jan. 21-Feb. 18 One or two doubts may creep in over the next 24 hours. Ignore them, they're illusions.

♓ Pisces Feb. 19-March 20. Don't overreact to setbacks and don't give up on a creative endeavor because you are not sure of its outcome. **SALLY BROMPTON**

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JIM BECKEL, THE OKLAHOMAN/AP

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OWN IT	WITH	AND		
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Limited model shown

3 FUEL EFFICIENCY

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BEST-IN-CLASS FUEL ECONOMY[ΠΠ]

GLS model shown

OWN IT	WITH	AND		
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4 VERSATILITY

2012 TUCSON

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Limited model shown

OWN IT	WITH	AND		
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Limited model shown

5 UTILITY

2012 SANTA FE 2.4L GL AUTO

2011 BEST-SELLING IMPORT SUV IN CANADA[ff]

OWN IT	WITH	AND		
$219[†] BI-WEEKLY PAYMENT	**0%** FINANCING FOR **60** MONTHS	**$0** DOWN PAYMENT	**SELLING PRICE: $28,395**[•] SANTA FE 2.4L GL AUTO. DELIVERY, DESTINATION & FEES INCLUDED. PLUS HST.	HIGHWAY **7.2**L/100 KM **39** MPG[▼]

5 YEAR WARRANTY 100,000 KM COMPREHENSIVE LIMITED WARRANTY[•]

5-year/100,000 km Comprehensive Limited Warranty
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty

HyundaiCanada.com

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[™]The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. †Finance offers available O.A.C. from Hyundai Financial Services based on a new 2012 Elantra L 6-Speed/2012 Sonata GL 6-Speed/2012 Accent L 5Dr 6-Speed/2012 Tucson L 5-Speed/2012 Santa Fe 2.4L GL Auto with an annual finance rate of 2.9%/0%/0.9%/0%/0% for 72/60/72/60/60 months. Bi-weekly payment is $122/$188/$106/$169/$219. No down payment is required. Cost of Borrowing is $1,577/$0/$1,408/$0/$0. Finance offers include Delivery and Destination of $1,495/$1,565/$1,495/$1,760/$1,760, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. Delivery and destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. Financing example: 2012 Elantra L 6-speed for $17,380 at 2.9% per annum equals $122 bi-weekly for 72 months for a total obligation of $18,692. Cash price is $17,380. Cost of Borrowing is $1,577. Example price includes Delivery and Destination of $1,495, fees, levies, charges and all applicable taxes (excluding HST). Registration, insurance, PPSA and license fees are excluded. ‡Fuel economy comparison based on combined fuel consumption rating for the 2012 Accent 5Dr 6-Speed Manual (4.9L/100km), manufacturer's testing and 2011 AIAMC combined fuel consumption ratings for the sub-compact vehicle class. ‡AutoPacific Vehicle Satisfaction Award for Best Compact Car awarded to the 2011 Elantra Sedan. ▼Fuel consumption for 2012 Elantra L 6-speed manual (HWY 4.9L/100KM; City 6.8L/100KM)/2012 Sonata GL 6-Speed (HWY 5.7L/100KM; City 8.7L/100KM)/2012 Accent L 5Dr 6-Speed (HWY 4.9L/100KM; City 6.7L/100KM)/2012 Tucson L (HWY 6.5L/100KM; City 9.1L/100KM)/2012 Santa Fe 2.4L 6-Speed Automatic FWD (City 10.4L/100KM, HWY 72L/100KM) are based on Manufacturer's testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. †♦Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. Inventory is limited, dealer order may be required. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). ΔSee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ΠBased on the August 2011 AIAMC report. ▲Government 5-Star